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reveal a protocol of supplements with an inference that I must be taking steroids or other drugs because having a good body without chemicals is now seen by some as almost impossible It s not This book is my attempt to shatter all of those myths and give it to you entirely straight It is about understanding how to live your life in a more healthy sustainable and happy way and how to maintain that forever And I m not talking about becoming a monk and only eating lettuce If you want to eat McDonald s go for it Eating crappy food doesn t make you fat and by the time you re done with the book you ll understand why I want to arm you with your own set of tools so that you can tailor my methods and experiences to you and your own unique situation

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