

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) [SIGN-UP NOW!](#) Click to become a Member for Free!



EMPOWERMENT

VOICEAMERICA



The Dr. Pat Show
Talk Radio to Thrive By!™
Award Winning Host **Dr. Pat Bacilli**
Bringing together some of the planet's most preeminent and visionary change makers and leaders in the field of human potential
The Vibe of Thrive!™
www.TheDrPatShow.com

The Dr. Pat Show – Talk Radio to Thrive By! Archives Available

December 04th 2007: Karen Bentley - The Sugar-Free Miracle. What if everything you ever learned about taking off weight is WRONG?

Studies show that 95% of people who follow a low-fat, low-calorie diet fail. It's not that low-fat, low-calorie diets don't work. Of course they work. The problem is that they don't work for long or forever. It's just too darn hard to live without dietary fat or food volume, and very, very few people can do it. So it really doesn't matter how perfect the diet is in a clinical setting. If you can't live with it day in and day out, what good have you done for yourself? The big secret that no one else will tell you is that weight loss doesn't have to be hard. There is hope, and it is real, but yo

[Read more](#)



Share This Episode



Connect with VoiceAmerica

Download our mobile apps



PressPass
ALL ACCESS. ALL THE TIME.
Come See what the VoiceAmerica hosts are writing on PRESSPASS