



## Queensland Country Life(Qld)

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# QUEENSLAND Country Life

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**Eating natural and unprocessed food is the key to weight loss, according to Graham Park, AgForce member and author of *7 Secrets the Weight Loss Industry Will Never Tell You*, which was launched at Mary Ryans' bookstore at Park Road, Milton, last Thursday. The book is based on Graham's personal experience of losing more than 43kg in 23 weeks while eating and enjoying a balanced, healthy range of normal foods. As a beef producer and supporter of the Every Family Needs A Farmer campaign, Graham invited AgForce president John Cotter to address the topic of real food produced by real farmers at the launch.**