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Help fight Easter bulge

AUTHOR, health expert, farmer, and Queensland's hottest property, Graham Park, is taking the weight off Australia's shoulders, one happy customer at a time.

Post Easter is usually a time of extra kilos and extra guilt, and it's also the time when the big weight loss companies look forward to big profits.

This year, Graham Park wants to change all of that with his bestselling book "7 Secrets the Weight Loss Industry Will Never Tell You", which has been featured on Today Night and the Kerri Ann Show, and it is sending the industry running scared.

In his explosive book, Graham shares his extensive first-hand experience, knowledge and insight about how the weight loss

industry operates, and the real reasons why diet pills and meal replacements don't work.

"As everyone tries to get back to their post-Easter routines, I think that now is the perfect time to take on the battle of the bulge," Graham said.

"I am aiming to thwart the money-hungry tactics of the big weight loss providers, and to inspire people to lose their kilos and their worries just like I did."

Showing that Queenslanders really do want to get out there and get healthy, many have jumped at the opportunity to learn the life-changing secrets of health and vitality, and feedback suggests that they are extra impressed with advice that is easy to follow.

Graham's book is available at

bookstores and online at www.7weightlosssecrets.com.



Author Graham Park.