

# Counting Calories



We were all taught the same thing. Calories in. Calories out. It's all about the calories.

When I was a young teenager, I bought one of those pocket-sized calorie counting books they sold at the grocery store. They were prominently displayed by the check-out. I took it home and it didn't take me long to memorize it. I was obsessed with wanting to lose weight and look like a waif. Twiggy was the "model of the moment" in those days. She was the most famous waif on the planet. I wasn't really fat. I just thought I was. And the way to lose weight was to cut back on calories consumed. Everyone knew that.

Well, what everyone knew to be true was *wrong*.

You will be shocked at how flawed counting calories really is when you watch this video clip put out by *Adam Ruins Everything*. Absorb this and your whole view of calorie counting will change.

So there you have it.

Counting calories is a useless exercise.

Cheers,