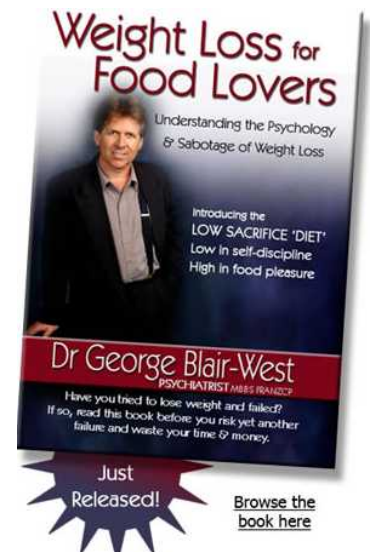


# Qskeptics

## The Sabotage of Weight Loss and the Exercise Myth



## Dr George Blair-West

In this talk Dr Blair-West will explain the background behind his arguments that to lose weight in the long term you have to eat your favourite junk foods. He will also review the research that explains why exercise is not a significant contributor to losing weight.

Dr Blair-West has been invited to share his work at the Queensland Obesity Summit, the Queensland AGM of the Dieticians Association of Australia and the International Obesity Congress. He is qualified as both a medical doctor and as a Psychiatrist and has had tenure as a Senior Clinical Lecturer at the University of Queensland.

Since the release of his book 'Weight Loss for Food Lovers, George has been a regular on Channel Nine's breakfast program the [Today Show](#). He has also appeared on national ABC radio ([Life Matters](#)) and Sydney's top rating radio station 2UE.

The Redbrick Hotel  
Cnr Annerley and Stephens Rd  
Annerley  
Monday 27 March 2006  
6pm dinner - 7:30pm meeting