



## ***Shedding Kilos by Eating in Sync With Your Cells***

### **Why Summer Weight Loss Works Better With FoodFit**

Most weight-loss advice treats everyone the same. FoodFit doesn't. Your body has a unique cellular signature – and certain foods naturally match it. When you eat foods that align with your biology, your metabolism becomes more efficient, inflammation drops, and weight loss feels easier.

Summer is the perfect time to ***lean into*** your FoodFit results because:

- Fresh seasonal produce aligns with most cellular profiles
- Hydration improves cellular function
- Lighter meals make it easier to follow your matched-food list
- Longer days support natural movement and metabolic rhythm

#### **“Good Food” Isn’t Always Your Food**

There's a common belief that if a food is healthy, it must be healthy for everyone. But biology doesn't work that way. A food can be nutrient-dense, organic, and widely praised – and still be the wrong match for a particular person at a cellular level.

FoodFit testing reveals this mismatch.

#### **Why “Healthy” Isn’t Universal**

Every body has a unique cellular response pattern. When a food doesn't match your biology, even if it's considered “good,” it can trigger:

- Low-grade inflammation
- Sluggish digestion
- Blood sugar swings
- Water retention
- Fatigue
- Difficulty losing weight

This is why someone can eat avocado and feel amazing, while someone else gains weight or feels bloated from the exact same food.

Some examples of Good Foods That can be a mismatch

- **Blueberries** – antioxidant-rich, but can spike blood sugar in some profiles
- **Spinach** – nutrient-dense, but high oxalates can cause inflammation for certain people
- **Almonds** – healthy fats, but a common cellular mismatch
- **Greek yogurt** – great protein source, but problematic for those with dairy-sensitive cellular markers
- **Sweet potatoes** – slow carbs, but not tolerated by all metabolic types

None of these foods are “bad.” They’re simply not universally compatible.

**The right food for you is the food your cells respond to positively – not the food that’s popular, trendy, or labeled as healthy.**

When you eat in alignment with your cellular compatibility:

- Weight drops more easily
- Cravings decrease
- Energy increases
- Digestion improves
- Inflammation reduces
- Your metabolism becomes more efficient

This is why FoodFit works: it removes the guesswork.

***“Healthy eating isn’t about choosing good foods – it’s about choosing the right foods for your body.”***

***The FoodFit test, the original and pioneers in Compatibility testing.  
Operating since 1990.***