



FREE CHAPTER · UROLONGEVITY PRESS

The Non-Seafood Diet

When You See Food, You Don't Have to Eat It

The Last Diet Book You Will Ever Buy

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PROLOGUE

The War That Wasn't About Food

You've been fighting a war for years — maybe most of your life.

A war against your body.

Against your hunger.

Against your reflection.

Against that voice in your head that says, *"You should know better."*

You've counted the calories, tracked the macros, made the lists.

You've sworn off sugar, carbs, meals after 7 PM, and your own cravings.

You've told yourself, *"This time it will be different,"* more times than you can count.

And maybe, for the first time, something *was* different.

Maybe it was Ozempic. Maybe it was a diagnosis.

Maybe it was a rock-bottom moment when food wasn't even enjoyable anymore — it just felt like failure on a fork.

Whatever brought you here, it wasn't just about weight.

It was about the realization that you couldn't live like this anymore.

You couldn't keep negotiating with your body like it was an enemy to subdue.

You couldn't keep micromanaging your meals like they were landmines.

You couldn't keep shrinking your life around a shrinking plate.

So you started asking better questions.

Not "How do I lose weight?"

But "What am I really hungry for?"

Not "How do I suppress this craving?"

But "Why do I keep returning to food for comfort, control, or calm?"

Not "How do I get thin and stay there?"

But "How do I get *free* — and stay free?"

This book is about those questions.

It's not a plan. It's not a prescription.

It's a guide for what comes after the diets fail — and what finally works when you stop trying to fix your body and start trying to understand it.

It's called *The Non-Seefood Diet* — because it's not about seeing food and avoiding it.

It's about *seeing yourself* clearly enough that you no longer need to eat your way through loneliness, numbness, or shame.

If you're still reading, it means you're ready for a different kind of relationship — with food, yes. But more importantly, with yourself.

You don't have to be perfect.

You don't have to get it right every day.

You just have to stop fighting, and start listening.

This is the beginning of that.

Let's begin.

— End of the free chapter —

Ready for what comes after the diets fail?

The full book — with the complete Non-Seefood Method, the Delay–Disrupt–Decide practice, and the GLP-1 era playbook — is coming soon to Amazon and major retailers.

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