

**The specialization in food science** has two sections, **one open only to doctors: clinical**. The other is open to both doctors and biologists: laboratory. The order of doctors reports professional abuse.

A biologist is not a medical doctor. **I am very strict about professional qualifications, because the person losing out**, while over the years the problem never changes, **is the patient**.

## Scientific quackery

**One's weight is one's constitution:** scientific nonsense.

**The pill is fattening:** same, we would have solved the world's hunger.

**I don't lose weight because I don't exercise:** nonsense, obviously exercise is fun, but I can lose weight even when I'm in plaster.

**I'll get fat if I eat pizza:** this is absolutely false, in fact I always include it, every day even, if people enjoy it. Proteins and carbohydrates must be kept apart: also nonsense.

**I weigh myself very often:** slim people never do.  
I know the calories of all food: so what? It's sad to be always counting them.

**I have big bones:** well, if I believe this too, I have been greatly blindsided and the excess weight is there to stay.

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It is thanks to **the poor pseudo-scientific cuisine** purporting to enable weight loss, and the credulity of those who swallow it, **which explains why more and more people from all age groups are not their correct weight**.

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