

# Chapter 1. HEAVY MATH

mathematicians  
boot camp  
geophysical landmass  
an inner voice  
a boat

## IN THE END, IT ALL ADDS UP

In 1684, Newton's Theory of Universal Gravitation ( $F_g = G \times m_1/r^2$ ) was dropped upon us.

In 1905, in zoomed Einstein's Theory of Relativity ( $E = mc^2$ ).

Don't get me wrong, now; these were two huge theories by two Heavy Hitters.

Problem is that Isaac appeared to be more focused on Gravity than on Weight and AI just seemed to make Light of the subject.

Neither addressed the Gravity of Weight that we see and feel around us today.

The Theory of Bellytivity ( $E = 3^2 + H_2O$ ) at last has arrived and, hey, It's About Time!

# The Theory Of Bellytivity

*“Since the mathematicians have invaded the theory of relativity, I do not understand it myself anymore.”*

Albert Einstein (1879 – 1955).

So, I'm at the old blackboard one morning working on the Theory of Square Progression:  $x^2 = (x - 1)^2 + 2x - 1$ .

Just as I plug 3 into the formula, my stomach growls and I think about Lunch – one of my 3 square meals.

Suddenly, it dawns on me (not quite a Eureka Moment or an Apple Dropping Moment, but still a Moment) that the plan I had been using for many years for (mostly) healthy eating can be “reduced” to a simple formula:

The energy needed (E) by a healthy individual to achieve and maintain a healthy weight and lifestyle can be obtained from 3 square meals per day ( $3^2$ ) plus water ( $H_2O$ ). So,

$$E = 3^2 + H_2O$$

Becomes a formula for Healthy Eating and

## THE THEORY OF BELLYTIVITY

Is discovered and named.

(Hey, I had to call it something!)