



Benjamin Sley

Texas Bar Association,
USA

Biography

Benjamin Sley, is a Marine Corps veteran, chemist, registered U.S. Patent Attorney and recognized expert on permanent weight loss without injections or excessive exercise having appeared on NBC TV, USA Today, MSN and LA Weekly. He combines science-based nutrition with real-world results, helping adults over 45 reclaim vitality, build muscle, and reverse metabolic damage through sustainable lifestyle changes. His method is proven, practical, and life-changing.

Nutrition + gentle strength: Preventing SARCOPENIA for a vibrant life

Abstract:

Benjamin Sley is a Marine Corps veteran, chemist, certified nutritionist, and nationally recognized expert on permanent weight loss without injections or extreme exercise. After personally losing over 100 pounds and keeping it off for more than seven years, Ben now helps others—especially men and women over 45—achieve the same transformation. His method is grounded in biochemistry and real-world results: eliminate inflammatory, ultraprocessed foods; preserve and rebuild lean muscle; and restore metabolic health without relying on pharmaceuticals, crash diets, or hours in the gym. In his engaging and practical presentation, Ben explains how modern lifestyles and common foods disrupt human metabolism, accelerate fat storage, and lead to sarcopenia—age-related muscle loss. He offers a clear roadmap to reverse these effects through nutrient-dense eating, gentle resistance training, and restoring metabolic flexibility. Attendees will learn why injections and extreme exercise are unnecessary—and even counterproductive—for long-term health and weight loss, this talk is ideal for audiences seeking a sustainable, science-backed approach to regaining energy, muscle tone, and confidence. Ben's delivery is inspiring and actionable, combining his deep knowledge of human metabolism with the discipline and grit of a Marine but that is easily doable for his clients. He speaks with clarity and purpose, equipping listeners with simple strategies they can apply immediately.

Learning Objectives:

1. Understand why most diets fail and how to correct metabolic damage naturally.
2. Learn to preserve muscle mass while losing fat, especially after age 45.
3. Discover which foods disrupt metabolism and how to replace them.
4. Gain strategies for reversing sarcopenia and restoring energy.
5. Build a personalized, sustainable action plan for lasting fat loss and vitality.

Ben's message is clear: you can reclaim your health without needles, pills, or punishing workouts—and his mission is to show you how.