

Doctor's Orders: 101 Medically Proven Tips for Losing Weight

Kent Sasse, MD

In the Weight-Loss Battle, Small Changes Make for Big Results on the Scale *Nationally acclaimed physician shares more than 100 simple, medically proven tips and techniques to lose pounds and keep them off for good*

Each year, millions of overweight people struggle to lose weight by following diets, attempting rigorous exercise regimens, and white-knuckling their way through temptation and fatigue. While some succeed at losing weight for a short time, most eventually end up even heavier than they were before they started dieting. The truth is this: it's not the strict diet, the ambitious workout routine, or the willpower we manage to muster that determines whether or not we will be successful at losing weight. It's the hundreds of small, simple choices we make each day that result in either reaching our weight-loss goals or inching ever closer toward obesity.

In *Doctor's Orders: 101 Medically Proven Tips for Losing Weight* (360 Publishing, \$14.95; October 2009), renowned physician **Kent Sasse**, one of the nation's foremost experts on weight loss, draws from his extensive professional experience and published scientific studies to offer surprising solutions that get to the heart of how we think, why we eat, and how we learn to make small, healthful changes in our daily routines and lifelong habits.

In *Doctor's Orders*, Sasse identifies more than 100 key, easy-to-implement weight-loss tips and techniques that really work. From taking one flight of stairs instead of an elevator to skipping just the last bite of a candy bar to ditching the dinner plates and eating from smaller, more reasonably sized dishes, each idea offers a simple way to cut out or burn an extra 10 to 100 calories a day – calories that, over the course of a year, add up to 5, 10, or even more pounds lost with virtually no effort or sacrifice. Clever, insightful, and backed by both science and practical, real-world experience, each tip offers readers an easy way to shed unwanted weight safely and permanently.

In addition, Sasse provides invaluable expert advice and information on such topics as:

- The Multiplier Effect and how to make it work in your favor for long term weight loss
- The importance of mindfulness in our everyday lives
- Fitting simple weight-loss techniques into busy, hectic lives
- The pros – and cons – of liquid meal replacements, protein bars, and other such foods
- The surprising benefits of walking and other forms of moderate daily exercise

- Delicious, healthful recipes and easy-to-follow workout plans that anyone can use
- Why “rebound weight gain” so frequently occurs in diets and how to avoid it
- Effective and practical tools to fight back against temptations and habits that lead to eating extra calories
- Successful strategies to survive and thrive in a world teeming with tasty and abundant excess calories

Whether your goal is to lose 5 pounds or 500 pounds, ***Doctor's Orders*** offers a wealth of practical, simple solutions that allow you to take off the weight—painlessly and permanently.

KENT SASSE, MD, MPH, FACS, is a renowned pioneer in the field of medically supervised weight loss and the founding director of the Obesity Prevention Foundation, a nonprofit organization dedicated to the prevention of childhood obesity. The author of the new book ***Doctor's Orders: 101 Medically Proven Tips for Losing Weight*** and the recently released ***Outpatient Weight-Loss Surgery***, is a frequent speaker in the medical community on the topics of weight reduction and obesity. Dr. Sasse is founder and medical director of both the International Metabolic Institute (iMetabolic) and Western Bariatric Institute, a nationally recognized surgical weight loss center and ASMBS Center of Excellence. Through his ongoing research and practice, Dr. Sasse continues to pursue his mission of combating obesity in the United States.

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