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The Change Your Biology Diet: The Proven Program for Lifelong Weight Loss

Louis J. Aronne M.D.

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The Change Your Biology Diet: The Proven Program for Lifelong Weight Loss Louis J. Aronne M.D.
A best-selling doctor's life-changing program and diet plan to effectively overcome addictions to sugar, fat, and salt, and achieve permanent weight loss

Louis J. Aronne, M.D., an internationally recognized weight-management expert and the director of the Comprehensive Weight Control Center at Weill-Cornell Medical College, has created the Change Your Biology Diet, a proven program that helps people break through weight loss "resistance" to drop excess pounds and keep them off. Dr. Aronne's approach, unlike fad diets, focuses on biological factors that cause weight gain. For example, overeating the wrong kinds of food—namely highly processed, starchy, sweet, fatty food—damages neurons in the brain's appetite center that lead to weight gain. Following his plan can reverse this process. With the support of his extensive knowledge and the latest research, readers learn Twelve Breakthrough Strategies for Successful Weight Management, such as how the order in which food is eaten affects weight loss. He provides two different adaptable diets so that readers can personalize a program that works for them. There are meal plans, delicious recipes for protein shakes, soups, sauces, salad dressings, main courses, side dishes and desserts as well as three high-intensity workouts that require no equipment and can be done in less than ten minutes anywhere. Beyond diet and exercise, Dr. Aronne covers the most recent developments in weight loss medications and bariatric procedures. *The Change Your Biology Diet* provides readers with everything they need to know to lose weight successfully from one of the pioneers in the field of obesity medicine.

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