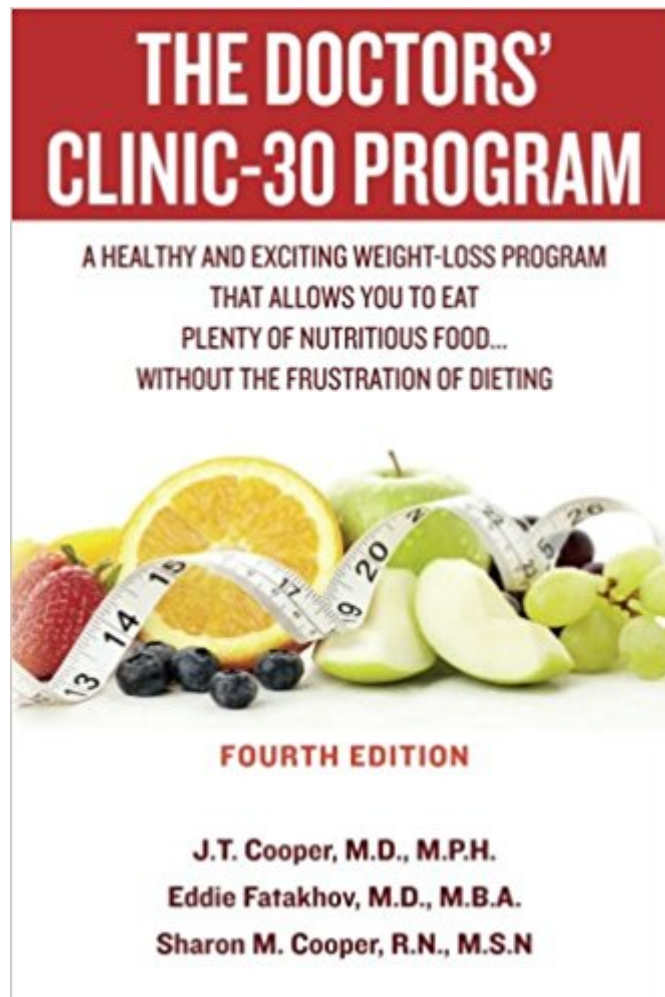


The book was found

# The Doctors' Clinic 30 Program: A Sensible Approach To Losing Weight And Keeping It Off



## Synopsis

The Doctorsâ™ Clinic-30 Program is based on sound principles, research, and, testimonials from previous patients. This is a practical way to eat healthy and lose weight. Instead of providing another diet plan, this program is based on change and lifestyle modification. It follows the food group principles and portion control. This program will provide you all the tools you need to lose weight and keep it off without having to keep a diary, purchase an expensive gym membership, or even spend a lot of money at the grocery store.

## Book Information

Paperback: 182 pages

Publisher: CreateSpace Independent Publishing Platform; 4 edition (October 30, 2014)

Language: English

ISBN-10: 1500591580

ISBN-13: 978-1500591588

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 11.8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (49 customer reviews)

Best Sellers Rank: #548,879 in Books (See Top 100 in Books) #42 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure #109 inÂ Books > Cookbooks, Food & Wine > Special Diet > High Protein #280 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat

## Customer Reviews

If you have tried to lose weight only to be left frustrated and disappointed, the Doctorsâ™ Clinic - 30 Program is for you. This is not just another book that talks about losing weight, this is an easy to follow and leading-edge program designed to not only create weight loss success, but optimal health as well. Itâ™s all done for you! You will learn how to manage food, what are the best foods to lose weight, how to survive the grocery store and survive restaurants, kick hunger and cravings to the curb and much more. You will also learn to shift your mindset (your foundational key) to weight loss success. I highly recommend the Doctorsâ™ Clinic-30 Program for you or your loved ones. Get ready for a new and slimmer you that exudes optimal health and never look back!

There aren't many reviews that I will ever write where I can say with integrity that a book changed my life, but this is one of them. I purchased the original Clinic 30 Program in 1994, when I was 16

years old. I weighed 235 pounds in high school and was at a point in my life when all of my friends were dating and I wasn't. It was a lonely place to be. I was determined to lose weight but I didn't understand the fundamentals of how to get there. I knew all about calories, but not in a meaningful way and certainly never tied them to real nutrition. If you are ready to lose weight and need a healthy framework to get there, this is the book for you. It's not very complicated. The mantra that I learned---and it is a healthy one---is everything in moderation. I think that's why I was successful with my weight loss long term. I lost almost 100 pounds with this program and I've kept off 70+ pounds for 21 years despite sports injuries, emotional setbacks (job loss) and the birth of 4 children. I just opened the book again to help me lose the last 20 pounds after the recent birth of our daughter. So I lost 100 pounds. I started dating. I established a healthier relationship with food. I met my husband and we have four beautiful kids. I'm a lucky lady. Thank you, Dr. Cooper. You changed my life!

Great read. Really drives the point home that your goal should not be to adopt a diet, but a lifestyle of eating that lasts long term. Gives great examples and tips to make this idea a reality. Also touches on the mental aspect of eating and how to overcome some of the pitfalls that our mind uses to sabotage our goals.

A good friend of mine recommended this program to me and told me how much it changed her outlook on losing weight and adopting a healthier lifestyle. I am so glad that I was introduced to this book. It taught me a much more sensible approach to eating and exercising. I never felt restricted on this plan. You are given every tool necessary to succeed on your weight-loss journey from how to go grocery shopping to how to properly prepare your foods. I would certainly recommend this book to anyone looking to lose weight and keep it off or for someone who wants to incorporate better eating habits in their daily routine. This book has truly changed the way I look at food. I was able to lose that last 20 lbs that would just not go away and keep it off!

Being someone that has been on many "yo-yo" diets, I found this book refreshing. Dr. Fatakhov's approach to Obesity as a lifestyle change, instead of a "goal", has really changed my outlook and focus on how to deal with my own personal weight issues. This book is not a "gimmick" but a guide on dealing with these obstacles. If you apply the lessons in this book together with self discipline, the Doc's food compliance program (which is totally achievable) and moderate exercise, you will be more than happy with the results. After being on this plan for 100 days, I have lost 25lb, gained some

muscle mass and gotten back to jogging. Today I feel more alive than ever and my work performance shows. Dr Fatakhov's change and lifestyle modification program just works.

I absolutely LOVED this book. And no this was not just another book that talks about weight loss while actual results are far from reaching. What I really liked about this book was the easy and straight forward read of how to reach your desired results and the body you always wanted. I lost the weight especially around my waist and I am still keeping it off. A woman who is in her thirties has a body of a woman who is in her twenties. What girl doesn't want that. :) I told many of my friends about this book and they are completely hooked on it. You MUST read this book if you want the results you always wanted.

This book is a unique take on dieting and lifestyle because it's written by a nutritionist and MD and written from true experience. The way they wrote this book makes it easy to read and understand. You can also find exactly what you're looking for just by looking at the index. I learned a lot that will help me as I work towards a healthier lifestyle. The best thing about this book is that you can pick it up and read/reference it at any point during your weight loss or weight maintenance. It's never too early or late to apply what this book has to offer in your daily life.

[Download to continue reading...](#)

The Doctors' Clinic 30 Program: A Sensible Approach to losing weight and keeping it off Weight Watchers: 23 Healthy Snacks To Lose Weight Fast: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start Recipes) (Weight ... Simple Diet Plan With No Calorie Counting) Buddha's Diet: The Ancient Art of Losing Weight Without Losing Your Mind Weight Watchers Smoothies: 77 Weight Watchers Low Calorie Smoothie Recipes: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start ... Simple Diet Plan With No Calorie Counting) Weight Watchers Diet Box Set: (3 in 1) Weight Watchers Freezer Meals, Weight Watchers Pressure Cooker & Weight Watchers Dutch Oven Recipes The Blood Sugar Solution: The UltraHealthy Program for Losing Weight, Preventing Disease, and Feeling Great Now! The Kurious Kid Presents: Doctors: Awesome Amazing Super Spectacular Facts & Photos of Doctors For Kids (Kurious Kids) Mayo Clinic Guide to Your Baby's First Year: From Doctors Who Are Parents, Too! Mayo Clinic Guide to a Healthy Pregnancy: From Doctors Who Are Parents, Too! The Cleveland Clinic Guide to Lung Cancer (Cleveland Clinic Guides) Mayo Clinic Critical Care Case Review (Mayo Clinic Scientific Press) Mayo Clinic Internal Medicine Board Review (Mayo Clinic Scientific Press) Motivational Interviewing for Health Care Professionals: A Sensible Approach Juicing for

Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1)  
Mayo Clinic The Menopause Solution: A doctor's guide to relieving hot flashes, enjoying better sex, sleeping well, controlling your weight, and being happy! The Mayo Clinic Diet: Eat well. Enjoy Life. Lose weight. Just Tell Me What to Say: Sensible Tips and Scripts for Perplexed Parents The Great Game of Business, Expanded and Updated: The Only Sensible Way to Run a Company Even the Odds: Sensible Risk-Taking in Business, Investing, and Life Don't Go to Jail!: Saul Goodman's Guide to Keeping the Cuffs Off

[Dmca](#)