



## Lose It AND Keep It Off - Version 2

*Peter D. Vash M.D.*

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LOSE IT AND KEEP IT OFF is an easy-to-read, no-nonsense road map to health. Dr. Vash explains the science behind weight loss in a simple, straightforward manner, so you can understand where you're at and where you're heading on your weight loss journey. Dr. Vash recognizes that there's more to weight loss than just eating less and working out more--in fact, what differentiates the program outlined in LOSE IT AND KEEP IT OFF is the focus he brings to the emotional issues that often lay at the heart of overeating. With Dr. Vash's program, you find the patterns related to your own weight gain so you can assert control and discover the most effective techniques on your personal path to change. The book gives you the tools needed to make real and lasting change in your life, emphasizing the importance of maintaining a DAE (Diet Activity Exercise) Journal. The book even includes several sample pages to get readers started. Keeping this journal helps you realize how many calories you're consuming every day, and to modify your intake appropriately. It also helps to track physical activity and to correlate mood with eating behaviors, since overeating often occurs due to stress or other negative feelings. LOSE IT AND KEEP IT OFF emphasizes healthier fixes like taking a walk or enjoying a mug of hot green tea that can be used to wean readers away from emotional eating. The book also discusses the importance of writing a personal weight gain narrative, so you can understand what motivates your overeating behavior. After all, as Dr. Vash points out, people eat because of a physical hunger, but they usually overeat because of an emotional hunger in their lives. Of course, losing weight is a complex equation, and Dr. Vash also discusses the role of sleep, exercise, and safe, approved weight loss drugs. The book explains the surprising role of sleep in weight loss, and provides scientific studies to show how getting a solid 6-8 hours a night can make it easier to get your metabolism going and stay away from high carb snacks that pack on the pounds. Dr. Vash also makes suggestions on how readers can work physical exercise into their busy schedule—whether it's skipping the elevator in favor of the stairs, or taking an hour long walk. LOSE IT AND KEEP IT OFF asks readers to rank their barriers to weight loss, from overeating in social situations to avoiding exercise, and then encourages them to tackle one barrier at a time. In this way, losing weight becomes about accomplishment rather than sacrifice. Additionally, Dr. Vash gives his recommendations on Søtari® and Lipoblok™, two organic weight loss drugs that have been clinically proven to work. LOSE IT AND KEEP IT OFF guides readers through the entire weight loss process, from making that first commitment to change to overcoming weight loss plateaus. With real life anecdotes, sample meal plans, and self evaluation activities to get readers started, the doctor helps patients who are ready to take charge of their health and make positive changes. Because Dr. Vash's program isn't about denying yourself; it's about empowering yourself. In Version 2 of Dr. Vash's "Lose It AND Keep It Off" he discusses more in depth the relationship between obesity and Type II Diabetes. Dr. Vash's approach to weight loss may be thought of as simple - eat less, move more, however, his challenge to his readers to write their own narrative; to dig deep for the "why" of their eating behavior enables the reader to truly discover, move forward and change their life. The book has a wealth of solid, fact based, research based information in what is and isn't real in the 17 billion dollar industry that is weight loss. Eating smart and keeping track of what you eat, when you eat and acknowledging and dealing with your eating triggers are all discussed in Version 2 of Lose It AND Keep It Off.

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