

L.A.B. Media

Contact:

Lesley Burbridge-Bates
L.A.B. Media
215 Ward Circle Suite 200
Brentwood, TN 37027
615.321.6400 x502
lesley.bates@labmediaonline.com

FOR IMMEDIATE RELEASE

Stick with It!

Founder of the Whitaker Wellness Clinic Introduces a Proven Plan to Help People Lose Weight and Keep It Off

(Nashville, Tenn.) March 18, 2006 – The hardest part of a diet is sticking to it. The average dieter loses his or her resolve in less than two months. Some people quit because they feel hungry all the time, while others get bored by limited food choices or give it all up for their favorite “forbidden” foods.

In his book, *The Whitaker Wellness Weight Loss Program* (Hardcover, April 18, Rutledge Hill Press, \$24.99, 1-4016-0297-5), Dr. Julian Whitaker provides readers with the tools they need to stick with their weight loss success for life. Using a holistic approach, Whitaker tells the reader how they got fat, why they are still fat, and how they can lose the weight for life.

What makes this regimen unique? Accompanying the book is a Web site aimed at holding readers accountable by allowing them to:

- print commitment contracts so Whitaker’s team can send them frequent reminders, words of encouragement, and tips for honoring their commitments
- find exercise logs, food diaries, and great tools for calculating their basal metabolic rate, waist-to-hip ratio, and target heart rate
- obtain recipes and tips for eating out, exercising, and staying on track
- monitor their progress by charting their new health habits, weight, and other markers of a healthier, thinner physique

Backed by firm research and case histories, and based on ground-breaking testimonies and 25 years of proven success, *The Whitaker Wellness Weight Loss Program* proves to change lives.

Dr. Whitaker has successfully helped more than 40,000 patients restore their health over the past 25 years using cutting-edge natural therapies through his Newport Beach, CA based clinic, the Whitaker Wellness Institute. Started in 1991, his newsletter *Health & Healing*, which spreads the word about the successes and testimonies happening daily at the Whitaker Wellness Institute, has touched the lives of more than 2,500,000 subscribers.

As a follow-up to his numerous published books, which include Reversing Diabetes and Reversing Heart Disease as well as the best-selling Shed 10 Years in 10 Weeks, The Whitaker Wellness Weight Loss Program is a physician designed diet and wellness plan which revs up the metabolism, resulting in permanent weight loss and overall improvement in health and well-being.

###

As a medical practitioner, Julian Whitaker, M.D. was not satisfied with just helping patients at his clinic. The past president of the American Preventive Medical Association, Dr. Whitaker graduated from Dartmouth College in 1966 and received his M.D. degree in 1970 from Emory University Medical School. He completed his surgical internship at Grady Memorial Hospital in 1971, and continued at the University of California in San Francisco in orthopedic surgery. In 1974, Dr. Whitaker founded the California Orthomolecular Medical Society, along with four other physicians and the Nobel prize-winning scientist Dr. Linus Pauling.

Dr. Whitaker is available for interview.