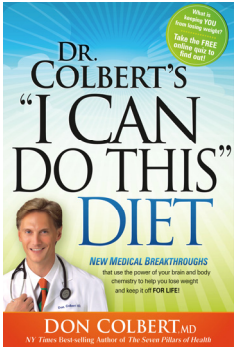


**FOR IMMEDIATE RELEASE:**

**Contact:** Ben Laurro, Pure Publicity  
818.753.4056 or Ben@purepublicity.com

## ***New York Times* Best-selling Author and Physician Takes on the Battle of the Bulge in New Book**



The Centers for Disease Control and Prevention (CDC) recently reported that one out of three Americans are obese, while overweight teens are 70 percent more likely to become overweight adults. This is the first generation of children who are not expected to live as long as their parents, while the majority of Americans face only a two percent success rate in keeping lost weight off permanently.

According to *New York Times* best-selling author **Dr. Don Colbert**, a board-certified physician in family practice and anti-aging medicine, too many people fight *against* their own brain and body chemistry when trying to lose weight and live healthy.

In his new release, ***Dr. Colbert's "I Can Do This" Diet***, he pulls together the latest medical findings on all areas that affect health—emotional, behavioral, mental, dietary, hormonal, chemical, and lifestyle factors while educating readers on how to adapt wellness principles into their life.

“After treating more than forty thousand patients over two decades, I have observed some commonalities among those who repeatedly attempted to lose weight, only to gain it back,” Colbert says. “I have also found a medically verifiable answer that leads to a healthier life.” In *Dr. Colbert's "I Can Do This" Diet*, he shares the latest health and weight-loss secrets that have worked for thousands of his patients, including the following:

- **Beverages and Weight Gain:** The average person consumes more than six hundred, 12-ounce soft drinks a year. Dr. Colbert provides information on soft drinks, tea, juice and coffee.
- **Hunger versus Appetite:** The difference between hunger and appetite, identifying the key triggers and controlling your hunger and appetite.
- **Portion Distortion:** Portions have changed. In the 80's, a serving of french fries was 2.4 ounces, and today it has jumped to 5.3 ounces. Dr. Colbert encourages proper portions (serving size of ice cream should be 1/2 cup, crackers should be five crackers, while chips should be fifteen to twenty chips).
- **Balancing Your Meals with the 40:30:30:** Meals should include 40 percent of healthy, complex carbohydrate, 30 percent of proteins and 30 percent of health fats. Consume three meals a day and two to three snacks. Eat every three and a half hours.
- **What Else Works?** Information on nutritional eating, exercise (fat burning, aerobic, cardio and strength), weight loss supplements, appetite suppressants and fat-burning agents.
- **Medical Conditions That Prevent Weight Loss:** Low metabolism, hormone imbalance, low thyroid function, food allergies, medication and insulin resistance.

*Dr. Colbert's "I Can Do This" Diet* also includes an interactive survey available at [www.thecandodiet.com](http://www.thecandodiet.com) to help readers identify and target the hidden roadblocks that can make dieting an endless cycle of losing and gaining weight.

### **Author Information**

**Dr. Don Colbert** is board-certified in family practice and anti-aging medicine. He has also received extensive training in nutritional and preventative medicine, and he has helped millions of people to discover the joy of living in divine health. In addition to speaking at conferences, he is the author of the *New York Times* best-selling book *The Seven Pillars of Health* and the best-selling *Bible Cure* series.

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## Suggested Interview Questions for Dr. Don Colbert, author of *Dr. Colbert's I Can Do This Diet*

1. Why is obesity and unhealthy living so common today? What should every person know about how they live today and what it will do to them in the future?
2. Is it true that some individuals have a predisposition to weight gain more so than others? Is this based on genetics or does environment also play a part?
3. What is the difference between hunger and appetite? What can trigger an appetite? How can we control our hunger and cravings?
4. You mention that there are seven underlying principles for weight loss. Can you explain what they are?
5. What are the five beans for life and their health benefits?
6. What is your advice on meals - including time of the day, portion size and snacks?
7. How can age, hormones, stress and food allergies influence weight gain?
8. What is the recommended amount of exercise for an individual? What do you suggest for those who might plateau in their exercise routine?
9. What is your recommendation for staying hydrated? What beverages do you recommend? Is diet soda better to drink while trying to lose weight?
10. What is your advice on snacks? What kind of snacks and how often? What are some suggested snacks?
11. What are some conditions that might prevent someone from losing weight?
12. In your book you mention that a runaway appetite is triggered by imbalanced neurotransmitters. What exactly are neurotransmitters?
13. What is the average number of calories that men and women need daily?
14. What are examples of good carbs and bad carbs?
15. What is rotating complex carbohydrates and why is it important? Why is it necessary to have the proper ratio of carbs, proteins and fats at every meal?
16. What are the best types of exercise? Aerobic or weight training? How often should we exercise?
17. What is the correlation between hormonal imbalance, aging and weight loss? What can be done about it?