

FOREWORD

BY JOY CLARK, RN, BSN, MSN, FNP

I see the tragic consequences of obesity and its cohorts, insulin resistance, diabetes, and the dysmetabolic syndrome devastating the lives of my patients and their families every day. As a family nurse practitioner and board certified advanced diabetes management specialist, I have sought solutions that would really work for my patients for years.

Unfortunately, data from my own practice, as well as regionally and nationally, shows a poor track record. I have been frustrated as I witnessed my patients failing diet after diet, buying the latest “hot” or hyped diet book only to find that they are unable to understand or implement them, to follow them long term, or to have me tell them not to follow certain diets that fail to provide balanced nutrition. These diets also fail to fully understand the connection between carbohydrate density, insulin secretion, and the metabolic pathways that are at the root of the problem. None of them provide a permanent solution. Diets fail.

Finally, I have found a lifestyle program that I am convinced is **the solution** to America’s obesity epidemic. The ANTI-Diet will change your life!

As a medical professional, I can identify impaired glucose metabolism, high blood pressure, high cholesterol, sleep apnea, and obesity; all of which are indicators of the dysmetabolic syndrome (described in the book with the synonymous term *metabolic syndrome*). I have prescribed medications and treatments that often have some success in improving these symptoms; however, none of the prescriptions alter the cause and, ultimately, offer the long-term solution. Additionally, my patients have been on stringent medically managed weight loss programs. Many have had gastric bypass or banding operations. Unfortunately, few of them have experienced long-term success without complications or side effects. And so, I continued to search, until now.

Insulin resistance and dysmetabolic syndrome are reversible. They can be overcome resulting in a dramatically higher quality of health and life. Obesity can be vanquished too, along with all the potential complications and chronic health conditions it contributes to. Written with passion, conviction, and a truly unique insight, this book shows you precisely how to permanently solve these problems. It is remarkably well researched, simple, and effective.

The ANTI-Diet is a treasure. Almost all Americans should be more interested in health, either to feel better, to live longer, to lose weight, or to cut back on the number and expense of prescription medications. I hope they will read this book now!

I will be prescribing The ANTI-Diet to all of my patients with obesity or any of the red flags of dysmetabolic syndrome.

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