

WHAT MEDICAL AND HEALTH CARE PROFESSIONALS ARE SAYING ABOUT THE ANTI-DIET

“The ANTI-Diet presents an easy-to-understand and follow program....It works. If you suffer from chronic obesity, fatigue, are at risk for, or have a family history of heart disease and/or diabetes, I strongly urge you to buy this book and follow Phil’s advice.”

*STEVEN M. PETERSON, MD, FACS Surgical Director, Cardiovascular Medicine,
Northern Arizona Healthcare*

“Written with passion and a truly unique insight...this remarkably well researched, simple, and effective book will change your life! I will be prescribing The ANTI-Diet to all my patients with obesity or risks of dysmetabolic syndrome.” *JOY CLARK, Family Nurse Practitioner and Board Certified Advanced Diabetes Management Specialist*

“During my 15 years of practice I have seen the pain and suffering caused by traditional diets. Embrace this wonderfully informative, intelligent, and inspiring resource for your lifetime.” *JEANINE THOMAS, MD, Board Certified Internal Medicine*

“Many clients I have seen for weight loss verbalize the same frustrations that Phil shares in this book. If you have had a long struggle with obesity, I would encourage you to use this tool. Making the effort to temporarily change your eating is worthless. Taking the time to change your lifestyle is worth every ounce of energy you have left. Here is the kick in the pants you just might need! Now, what are you going to do with it?” *STACEY HITESMAN, RD, CNSD President, AZ Dietetic Association, Northern District*

“An evidence based new approach to an old struggle...it encompasses mind and body with a great message. I love the recipe section!” *K. HUSEBY, RN, BSN, CCRN*

“The struggle is over! The struggle to find a diet that works is over, because what really works is ‘The ANTI-Diet’ by Phil Larson. At last, someone who has been there has written a book that makes sense, tells the truth, and helps people understand what is actually happening in their bodies so we can finally put our effort into a plan that lasts, rather than one that won’t.” *DENNIS ANDRES, Author of the Mr. Sedona Series and “Growth, Energy, Consciousness”*

“The ANTI-Diet IS a really sound program that WILL work. I know this both professionally as a result of understanding the science behind it and experientially in the lives of people who have struggled with obesity and the dieting roller-coaster. It’s not just for the obese, though—anyone can benefit. This is a program that will cure obesity, but it is also consistent with the sound dietary principles that are needed to maintain health in all areas, specifically to prevent the top three killers in America—Heart Disease, Cancer, and Diabetes.” *L. LANGE, RN, CCRN*