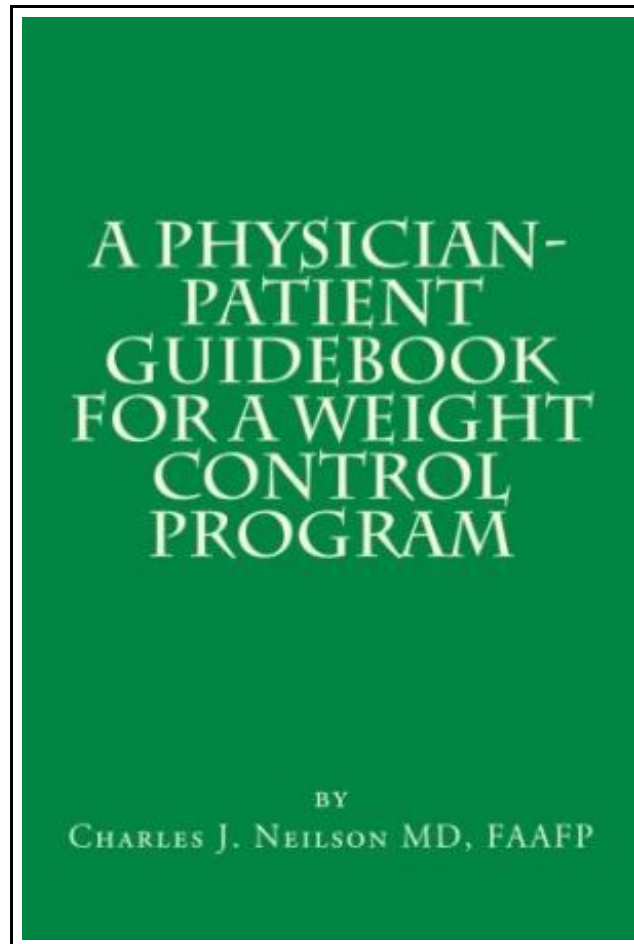


A Physician-Patient Guidebook for a Weight Control Program (Paperback)



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Reviews

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This Physician-Patient Guidebook serves as a revolutionary educational tool that allows both the patient and the physician to be "on the same page" literally and figuratively. When many physicians have come out of residency without a full complement of weight reduction teaching skills, it behooves them to read this book. Even patients can gift their physician with this book if their doctor has not yet read it. Physicians can take advantage of Dr Charles J. Neilson MDs experience as a Family Physician from 1977 until 1998 when he initially cared for overweight policemen who fared well on his program. This led to participation by policemen's wives, who were pleased with their husbands results and then their friends finally joining in as well. The program was developed by Dr Neilson after his residency experience when its limited and incomplete weight control training failed to provide success. It is interesting to note that he enjoyed a "word of mouth" succession of patients that sought his weight program without ever resorting to one single advertising effort. Although this Physician-Patient Guidebook is geared for rapid weight loss, and thereby requires a physicians oversight as well as the prescriptions for the appetite suppressant, with dosing changes as well as diuretics, thyroid and potassium supplements, the principles and techniques of behavioral modification, development of impulse control, exercise, and weight maintenance are useful for anybody. There will always be those who like to form-fit any proven program with changes to fulfill personal control needs, but only the exact following of this diet, along with physician oversight, is considered safe in Dr Neilson's experience. This Guidebook is a worthy example of a safe...



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