Matthew Weiner, MD, FACS Has Released His Highly Anticipated Book, A Pound of Cure, Change Your Eating and Your Life One Step at a Time

Dr. Matthew Weiner, a gastric bypass surgeon, has released his first weight management book. A Pound of Cure challenges the traditional advice of "eat less and exercise more" as well as our understanding of why people lose and gain weight.

COMMERCE, MI, December 29, 2012 /24-7PressRelease/ -- Dr. Weiner, a bariatric surgeon, has identified a style of eating that can bring about the same metabolic changes seen after gastric bypass surgery. The shifts in your metabolism that allow post-surgical patients to lose 100's of pounds without hunger can be obtained by following his program. The style of eating outlined shows you how to use food to control hunger, eliminate cravings and prevent a slowdown in your metabolism that plagues typical starvation diets.

A Pound of Cure is a step by step guide that shows you how to change your style of eating sensibly, over time. It includes Dr. Weiner's Metabolic Reset Diet and many delicious recipes that are easy to prepare and will keep you satisfied. The plan is ideal for anyone looking to lose anywhere from 5 to 500 pounds which makes it a perfect choice for families, friends and coworkers to do together.

If you are tired of fad diets and the commercial diet industry that peddles artificial, synthetic diet foods as healthy choices, the Pound of Cure plan will show you how to eat sensibly, control your hunger and lose the weight for the rest of your life. Dr. Weiner explains, "the idea that weight gain is the result of eating too many calories does very little to explain our nation's obesity epidemic. Rather than just focusing on eating fewer calories, we should be focusing on eating lots of good calories in order to cancel out the effects of the bad calories."

Matthew Weiner, MD is a weight loss surgeon who lives and practices in the suburbs of Detroit, Michigan. He performs gastric bypass, gastric sleeve and gastric banding surgery as well as offering non-surgical weight loss assistance in his practice. Dr. Weiner completed his medical degree from the University of Michigan and did his residency training at New York University. He is passionate about nutrition and its critical role in our health and well-being. He is an avid tennis player and happily married father of two little girls.

A Pound of Cure can be purchased on Amazon.com in print or for your e reader. To book an appointment, speaking engagement or for more information please call Dr Weiner's office at (248) 413-2670 or visit www.drmatthewweiner.com.

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