

the **DOCTOR'S** **DIET**

Dr. Travis Stork's
STAT Program
to Help You:



Travis Stork, M.D.

Host of the Emmy® award-winning show, *The Doctors*

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Travis Stork

The Doctor's Diet: Dr. Travis Stork's STAT Program to Help You Lose Weight & Restore Health



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The Doctor's Diet may be the cure to harmful eating – an American epidemic with a loss of life toll higher than that of car accidents, drug abuse, smoking, and gun violence combined. Dr. In the publication, Dr. In The Doctor's Diet, Dr. Stork is normally genuinely worried about what he considers to be a true crisis. Flexibility is built into the recipes to be able to accommodate various different diet plans and skill levels, from meat lovers to vegetarians and chefs to non-cooks. Stork explains all the potentially fatal health threats connected with an unhealthy diet plan and the precise food groups that can act as medicines to attain immediate results. He has generated a flexible and workable diet plan that will help readers lose pounds, restore wellness, prevent disease and ultimately add years with their lives. Stork outlines the guidelines to a healthier lifestyle with encouragement, personal anecdotes, and a separate feeling of urgency to rescue the reader from diet-related demise.



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.. I tried this diet in regards to a year and a half ago and was slimming down and feeling better. Now, about my seventh week upon this diet, I've lost a current total of 7kg and an (as yet) unmeasured number of inches around my waistline. The foods are tasty in fact it is a We have been also making the night meals from quality recipes in the publication. I just got lazy and halted doing the meals prep that's necessary. I don't even have bread in my house anymore, simply don't want it. It this simple: it works. We have been already feeling better, especially in that the most common bloated feeling we've has gone away. Fortunately, price was not a significant! I haven't felt remarkably hungry so far. I like it and would recommend for those not needing to lose fat. We spent time in Sunday afternoon prepping some meals for lunches, breakfasts, etc. That helps make it easier through the week. The foods are delicious in fact it is a healthy way to lose weight. I actually like the fact that we have been eating real, healthy food, that we buy at the grocery store. My husband and I decided at 66 yrs old I was in poor shape and if I needed to become around to observe my two granddaughters and grandson married or Reach whichever they chose to do in their lives I had to do something now. **BUY THIS BOOK** I purchased this publication after seeing the Drs. I weighted 299 lbs and had asthma, anti snoring, hypothyroidism, etc. This seems to me to be much more sustainable in the long run. Just wish it was spiral bound. We have joined the YMCA performing strength training. I've lost 42 lbs and feel great. Excellent strategy!! S. I purchased this reserve for my 24yr older granddaughter who has battled weight since she was little because I'd like her to enjoy lifestyle and most of all be healthy. Because I was already eating pretty much, I didn't get rid of many pounds, but in . off the waistline were quite substantial, in a short amount of time. Contains details that helps me fully understand the effects of food on our nutrition and body! We restarted this plan this past weekend. Today my number was 112 like everything in existence you must adapt but following therefore plan has recently helped me be healthier . Which was EASY. For 14 days ahead of receiving this publication, I tried to do my own diet plan where I cut down my calories and did one hour exercise at least five days a week. I came across myself tired and hungry and I couldn't realize why. So, I purchased this publication and two times after reading it, I began on the STAT program. The first and foremost thing I found was that I wasn't starving at all. No gimmicks. I amped up my workout in order that I did a minimum hour workout for six days weekly and kept strictly to the STAT program. Most of it was good, and I was encouraged by the theory that it didn't just TELL me what things to eat but told me WHY I was eating it. Anyone who thinks it's too much maybe just will need a little more confidence and determination that the results will come eventually. a half ago and was slimming down and feeling better. My favorite cookbook for eating healthy! Before this diet, I had severe trouble sleeping during the night, concentrating and had a general moody disposition. Now, I've my exercise each morning and am smiling by enough time I start my long times at university. There was a period of time where I plateaued in my weight loss, but I continued losing inches off my waist. Therefore don't feel disappointed or unmotivated if/when this happens. Because you're not losing weight doesn't mean that it isn't working out for you. After struggling to reduce any kind of weight (in large part because of my PCOS), I felt that was something like a 'last shot' for me. I've tried the meal replacement diet plans, the strict calorie counting and nothing has remaining me feeling like I've made an excellent LIFESTYLE change instead of employed a 'quick repair' solution. . And that's the advantage it has over-all the dietary plan plans out there. I have even more energy, am sleeping better and generally am just HAPPIER than I can remember being in quite a while. Excellent book to get you there! It's for everyone and anyone, that can be done it. For anyone at risk between buying this book and not buying this book, simply do it. It doesn't just let you know, it teaches you. Trust me, as somebody who hates dieting, this is an easy task to follow and makes you feel GOOD. We have been eating plenty of vegetables. Great tasting food. East to check out. Stomach fat burns up quickly. I am eating non processed foods for awhile, however, not low calorie. **BUY THIS BOOK IF YOU ARE SERIOUS ABOUT SLIMMING DOWN!** Many good recipes! I've already with all this book to a friend and my mum is starting onto it now. Type 2 diabetes

quantities drop signify tally I started this diet 1 week ago because We had fasting blood sugars of 250/300 each morning. After viewing this on The Doctor's Television show, I did some research and browse the reviews of the book on here. I am hoping all diabetics will give it a try helpful/sensible I'm finding the book very useful! Makes a great deal of sense. Sometimes there exists a small nagging feeling there of failing to have the usual amount of food in my stomach, but I have to drive through this anyhow to get to a new normal amount of meals that will be much healthier long-term. I do not need to lose excess weight any, more but will be by using this publication as a guideline to the best of vegetables and fruits to eat. Using the tips and information in the Drs diet I started walking 6 days weekly and now can walk 2 1/2 miles in convenience . Only a heads up for individuals who have to lose. He offers you seriously reducing the carbs in the 1st phase. That's O.K. It is a fact of life you need to spend time in your kitchen to consume real food. I really do eat popcorn and high proteins pasta like Dreamfields Healthy Carb Living when I really do eat carbs. Obtain the book, share with friends and go for it. P. Thank you Dr Travis for composing this reserve. I am not usually an advocate for any diet plan as there is too many variables out there in the books that are sold. This is what I call a clean book. Occasionally I actually had to drive myself to eat some even more because I simply didn't feel empty. Psychology for Healthy Living The psychology is wonderful! I m working hard to adapt the menu suggestion to my very own needs. Not absolutely all of the ingredients are available in my small community, but I am sure that I can make this work. Just the philosophy espoused by Dr. Stork is precious to me. I love it. I can carry my knowledge gained from this in to the rest of my life. Stir fat ? ? Five Stars great assist in this book. I'm older and incredibly much concerned in eliminating the visceral fat - the dangerous kind. As a girl of 21 who has Polycystic Ovarian Syndrome, the excess weight around my waistline was something that my Obstetrician/Gynaecologist explained would exacerbate my symptoms. awesome worthwhile good read Don't waste your cash Relevant information could be readily found on the internet free. We immediately started losing weight, which is normal for most diet plans. lean meats and a lot of fruit! Four Stars Nothi g unique right here just nice organization of good healthy ideas Five Stars good info



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