



## **The Doctors' Clinic 30 Program: A Sensible Approach to losing weight and keeping it off**

*J. T. Cooper, Eddie Fatakhov*

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The Doctors' Clinic-30 Program is based on sound principles, research, and, testimonials from previous patients. This is a practical way to eat healthy and lose weight. Instead of providing another diet plan, this program is based on change and lifestyle modification. It follows the food group principles and portion control. This program will provide you all the tools you need to lose weight and keep it off without having to keep a diary, purchase an expensive gym membership, or even spend a lot of money at the grocery store.

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