



Weight Control: The Medical Reality

Raj Bhanot

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Weight Control: The Medical Reality Raj Bhanot

Weight Control: The Medical Reality discusses essential everyday issues such as weight control, nutrition, and exercise. It also provides the reader with insight into important medical disorders such as arthritis, high blood pressure, osteoporosis, heart disease, cholesterol, diabetes, alcohol consumption, and the use of tobacco. It presents some of the latest medical findings that deal with these issues. Moreover, you will discover an introduction to common medical terms to help you understand and address your health concerns. This book provides several useful strategies to help lose and maintain weight. You will read about the experiences of patients who have faced similar problems. Dr. Bhanot obtained his medical degree in 1988. He brings fifteen years of clinical experience in patient care to the production of this book. Currently, he is a family doctor in a community hospital in Nova Scotia. He shares his personal approach to many important lifestyle issues with you in Weight Control: The Medical Reality.

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