

WEIGHTLOSS PRESENTATION PRESS RELEASE



Join us for S. Shahin, MD's, "**Dieting Tips that Work**", a concise talk on diet strategies and weight maintenance.

Gain the knowledge & motivation to achieve lasting weight loss & improved health.

The information presented is easy to understand and manageable to follow. The mix of facts, stories, tips, humor and audience interaction is enlightening and engaging.

Learn which diet strategies are successful, how to control your portion sizes and eating frequency, and how to prevent automatic eating. Learn how many calories you need per day, versus how many you are actually consuming. Additionally, learn how to manage triggers and remain committed to your weight loss goals, even while traveling and dining out.

Lastly, learn how quickly you can expect to lose weight, why you have trouble keeping it off, how to maintain your weight loss, and how to reward your success.

Gain access to the only diet guide you will ever need (a free download).

If there is time, he will touch on appetite suppressants, overcoming plateaus, diet myths, and gimmicks that do not work. Q & A session.

Put on your seat belts, this is a quick and wild ride with a lot to get in 1/2 hour. Dr. Shahin will be available to answer questions after the lecture.

Previous presentation reviews:

"Dr. Shahin is very approachable, and people are drawn to that warmth, especially with a subject as personal and sensitive as your weight. The fact that Dr. Shahin genuinely cares about the health of his patients was apparent. Counseling is obviously an extremely important part of a successful diet program, and it was clear that he is knowledgeable and accessible."

"Dr. Shahin's honesty about peoples' unrealistic perspective on food and portion sizes was excellent, and eye opening."

"The information presented was not intimidating, but easy to understand and sounded manageable to follow."

"Overall, the mix of facts, stories, tips, humor and audience interaction was enlightening and engaging."

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