



A Nutrition Monograph for Taking Off Pounds Sensibly, 2nd ed. (TOPS Club, Inc.)

M.D. Roandl K. Kalkhoff

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Dr. Kalkhoff, professor and chief of division of endocrinology and metabolism at Medical College of Wisconsin devoted over 20 years seeking the mysteries of obesity and providing the leadership unraveling the biology of this disorder. He served as a consultant to the National Health Institute, and received the distinguished service citation from the American Diabetes Association. This book defines levels of obesity, desirable weight goals, and acceptable methods for meal planning and personal aids to achieve those goals. It helps distinguish between ill-advised and sensible approaches to weight control and helps close the communication gap between the medical profession, public health agencies, and the obese individual.

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