



**"Change Your Life, Change Your Body!"**

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## **FOR IMMEDIATE RELEASE**

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# **PRESS RELEASE**

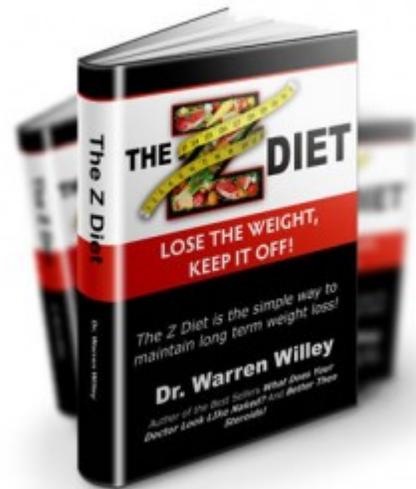
**Dr. Warren Willey, Board Certified Bariatric Physician  
Gives Hope for Long term Weight loss Maintenance**

How many people do you know have lost weight with the *HCG diet*, or any diet for that matter, only to put it back on again?

***"All diets work" says Doctor Willey, "The problem is maintaining the weight loss after the diet is through".***

Dr. Warren Willey, a Mayo Clinic trained, board certified Bariatric Medicine specialist, who is also a Founding Diplomat of the American Board of Holistic Medicine, and a Diplomat with the American Academy of Family Medicine, teaches his patients to lose weight any way they can, then keep it off!

Dr. Willey a well know established author, has once again in simple terms, shifted through the rhetoric, the sales, and the trivia to provide people a common sense approach to *maintaining*



weight loss. Dr. Willey gets into the basics of food and details the truth behind weight loss diets. Dr. Willey provides a 'as a matter of fact' detail that equips you for your lifelong journey. He then provides simple solutions to directly and indirectly monitor calories, shop for food and read labels. He even provides a means to bring your doctor into your long term weight loss goals by helping you to understand medication and its use in long term weight loss adherence. Simply put: ***The Z Diet*** is a *lifestyle*. It is the *how to eat* for the rest of your life! The Z Diet means *modification* rather than *elimination*. The Z Diet means *reshaping* rather than *abstaining*. Lose your weight any way you can, then turn to the Z Diet lifestyle to keep it off!

We hope that you enjoy this free copy of the Z-Diet, and we look forward to visiting with you about it whether it be on the air or on the phone.

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# Suggested Interview Questions

1. What is the HCG Diet and why is it so popular?
2. You state all diets work – why is that?
3. You mention utilizing your doctor in your weight loss and long term weight loss goals. Can you give us some more detail?
4. Are weight loss drugs a safe thing to use?
5. You state there are some absolutes in any weight loss program – what are those?
6. Most of us are familiar with the four primary food groups: Protein, Carbohydrates, Fat, and Alcohol. You say there is a fifth food group? What is it?
7. Why is weight loss so hard?
8. Our kids are getting fatter every day. What are the health consequences?
9. If you could point your finger at the primary culprit in childhood and adolescent obesity, what would it be?
10. Hormone replacement therapy has been in the news a lot lately, and it has a lot of critics. What's your feeling about HRT?
11. Vitamins and supplements are rather controversial, too. Where do you stand on them?
12. What's the one misconception most people share about diets?
13. In your eating plans you utilize real foods that your patients enjoy, are used to and fit within their budgets. Have you found that to work better than other programs available?

## **Biography: Dr. Warren Willey:**

**Dr. Warren Willey** is the Medical Director of a medical weight loss center and primary care office in southeast Idaho. He uses a unique approach to patient care by offering preventative medical intervention by helping people to obtain optimal health and fitness through elite nutritional programs, diet strategies, and exercise programs. He is a Board Certified Osteopathic Physician, and did his postgraduate training at **The Mayo Clinic**. He is a founding diplomat of the American Board of Holistic medicine and a diplomat with The America Board of Family Medicine, The America Board Urgent Care Medicine and The American Board of Bariatric Medicine. Dr. Willey is highly sought after, dynamic speaker and does healthy living and weight loss presentations around the country. Dr. Willey is an established author having written a medical textbook and ***What Does Your Doctor Look Like Naked? Your guide To Optimum Health***, released in 2003. This book has helped thousands of people lose weight and obtain and then maintain optimal health. One of his books, ***Better Than Steroids!*** , is sold internationally as it is the most concise summary of what you need to know to get that ultimate physique! He most recently released ***The Z Diet***, the secret to long term dietary adherence! He also writes for a number periodicals and web sites.