

MEET

Stewart Lonky

Author | Doctor | Medical Director

CONNECT WITH STEWART:

 STEWART LONKY, MD  LONKYMD  STEWARTLONKYMD

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Stewart Lonky, M.D., stands as a prominent leader in the battle against obesity, dedicating decades to understanding the profound impact of excess weight on human health. With over 40 years of experience, Dr. Lonky has made significant contributions across clinical, academic, and research settings. He is widely recognized for his expertise in pulmonology, internal medicine, and critical care medicine, and he is a sought-after writer and speaker on the often-overlooked causes of the obesity epidemic.

Dr. Lonky is the medical director and founder of West Coast Cardiopulmonary, Inc., and maintains a thriving medical practice. His medical journey began with a degree from Downstate Medical Center and an internship at Brooklyn's Kings County Hospital. He progressed through residencies at Barnes Hospital in St. Louis and U.C. San Diego Medical Center, where he later completed a prestigious NIH fellowship in pulmonary disease and biochemistry. Dr. Lonky also holds an MBA from Pepperdine University, enhancing his leadership in the healthcare field.

Throughout his career, Dr. Lonky has pioneered exploring the complex interplay between environmental and behavioral factors in weight regulation. He was among the first to connect environmental pollutants with health issues, publishing groundbreaking research on using activated natural zeolite to aid in the excretion of toxic metals. He has also raised awareness of the link between oxygen deprivation and right heart failure, contributing to a deeper understanding of this aspect of cardiovascular disease. His innovative AIPE treatment paradigm helps patients address environmental pollutants and behavioral factors contributing to obesity. Dr. Lonky's academic roles include serving as an assistant professor at the UCSD School of Medicine, where his research led to significant discoveries in the biochemical mechanisms of chronic lung disease and emphysema. He also directed Pulmonary

Rehabilitation at Daniel Freeman Hospitals in Los Angeles and was a San Diego Department of Public Health consultant

As an entrepreneur, Dr. Lonky co-founded Trylon Corporation, where he served as Vice President, Chief Medical Officer, and Director of Medical Research and Product Development. Under his leadership, Trylon advanced technologies that revolutionized the early detection of cervical and oral cancers are now used worldwide.

In addition to his clinical and entrepreneurial achievements, Dr. Lonky serves on the NutraPharma Corporation and Histologics Corporation boards, contributing to innovations in pharmaceuticals and diagnostics. He is also a recognized authority in medical-legal evaluations, specializing in PQME, AME, and IME assessments.

Dr. Lonky's interest in the relationship between toxic environments and health, particularly obesity, has been a driving force throughout his career. He co-authored *Invisible Killers: The Truth About Environmental Genocide* and has lectured extensively across the United States, Canada, and Australia, including a keynote address at the 35th Annual Cancer Control Society Convention.

His latest book, *Outsmarting Obesity*, offers a science-based exploration of obesity's causes, consequences, treatment, and prevention, providing new hope in addressing this global health Crisis.

Dr. Lonky is a Diplomate of the American Boards of Internal Medicine, Pulmonary, and Critical Care Medicine and a Fellow of the American College of Physicians. Despite a demanding schedule of speaking engagements and high-profile health programs, Dr. Lonky remains deeply committed to advancing the public's understanding of obesity and its far-reaching consequences.

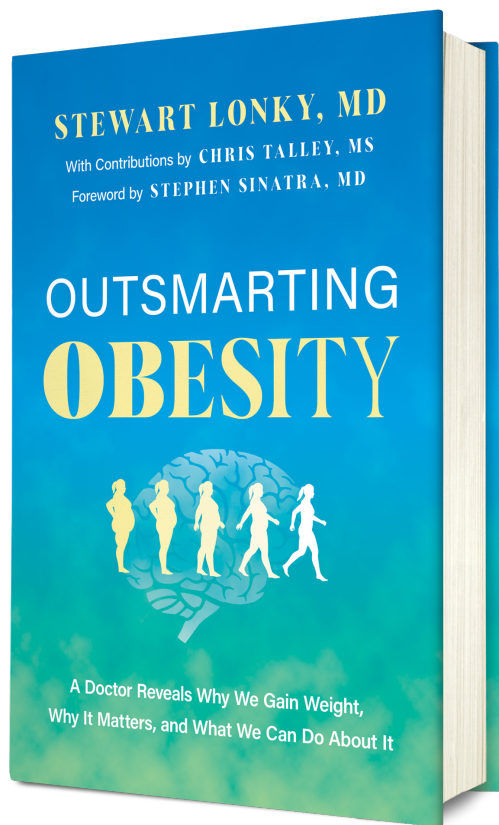
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HARNESS CUTTING-EDGE SCIENCE AND COMMON SENSE TO OUTSMART OBESITY.



OUTSMARTING OBESITY:

A Doctor Reveals Why We
Gain Weight, Why It Matters,
and What We Can Do About It

Available everywhere books
are sold on 9/10/2024

O*utsmarting Obesity* by Stewart Lonky, MD, isn't just another book about weight loss—it's a game-changer in the fight against one of the world's most pressing health crises. Dr. Lonky, a seasoned physician and trailblazer in medical research, takes readers on a groundbreaking journey beyond the usual advice of "eat less, move more" to uncover the hidden and often overlooked culprits behind obesity. He challenges everything you thought you knew about weight gain, revealing that it's not just about willpower or calories but a complex interplay of many factors, including environmental toxins, epigenetics, and deeply ingrained behavioral patterns.

In this riveting exposé, Dr. Lonky uncovers the shocking truth: our modern environment is poisoning us with obesity. He explores the sinister role of environmental pollutants—chemicals we encounter daily that disrupt our bodies' natural processes and make weight loss an uphill battle. But Dr. Lonky doesn't stop there. He dives into the cutting-edge science of epigenetics, showing how these toxic exposures can flip genetic switches, setting the stage for obesity in us and future generations. It's a wake-up call for anyone who has struggled to lose weight and keep it off.

The heart of *Outsmarting Obesity* is the revolutionary AIPE framework—Accept, Identify, Prevent, Eliminate. This four-step guide isn't simply a weight loss plan; it's a strategic, science-backed approach to outsmarting the forces that sabotage your weight and health. Dr. Lonky empowers readers to accept obesity's complexity, identify its unique triggers, prevent further damage, and eliminate the root causes permanently. AIPE isn't lightning in a bottle; it's a blueprint for lifelong health that reaches the core of the obesity epidemic. What makes *Outsmarting Obesity* a standout in the crowded field of weight loss literature is its fearless exploration of the big picture. Dr. Lonky breaks new ground by connecting the dots between the many variables contributing to extreme weight gain, including environmental exposures, personal behavior, and epigenetic inheritance, offering fresh insights that will leave readers—and the media—rethinking everything they know about obesity. This book isn't just timely; it's essential reading for anyone who wants to understand obesity's true drivers and how to defeat them once and for all.

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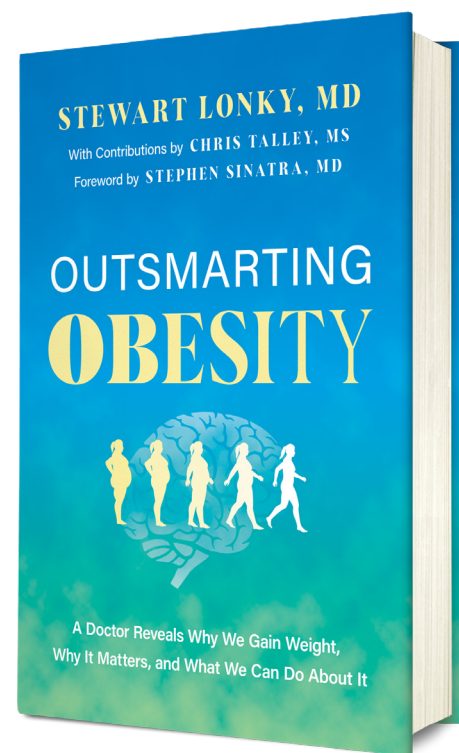
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“The medical establishment has overlooked the obesity epidemic’s true origins and consequences. I aim to raise awareness of this oversight and outline a way forward.”

— DR. STEWART LONKY

QUESTIONS TO ASK STEWART:

1. What inspired you to write a book about obesity?
2. What makes your *Outsmarting Obesity* different from other books on obesity?
3. Who is the target audience for *Outsmarting Obesity*?
4. What key messages or takeaways do you hope readers will gain from your *Outsmarting Obesity*?
5. What are the most common misconceptions about obesity that your book addresses?
6. What role does medical science play in your book’s approach to obesity?
7. Are there success stories or case studies in *Outsmarting Obesity* that illustrate the effectiveness of your approach to obesity?
8. How can healthcare professionals benefit from reading *Outsmarting Obesity*?
9. Can your book help people struggling with obesity without medical supervision?
10. What resources or support do you recommend for readers who want to take action after reading your book?
11. How has your own experience as a physician influenced your perspective on obesity and its treatment?
12. What’s your vision for the future of obesity treatment, and how does *Outsmarting Obesity* contribute to it?
13. Who would benefit most from reading *Outsmarting Obesity*?
14. Where can readers find your book and connect with you for further questions or discussions?



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