

STEWART LONKY

In his groundbreaking book, "Outsmarting Obesity," pioneering physician Dr. Stewart Lonky offers a fresh perspective on the obesity epidemic, providing a clear and accessible explanation of the science behind his innovative approach. He details how the convergence of epigenetics, our modern environment, and toxic behaviors has forged the ideal conditions for a global health crisis that imperils our physical, financial, and psychological well-being. Dr. Lonky has devoted years to studying obesity's mysteries, and with his colleague, peak performance expert and celebrity nutritionist Chris Talley, offers game-changing suggestions on how to stop, reverse, and even prevent the obesity scourge.



Obesity is society's most significant health challenge. The disease affects over 100 million people in the US alone, with its associated medical and financial burdens escalating at a rate beyond our capacity to manage. Obesity-related illnesses, including diabetes, coronary heart disease, and cancer, are rapidly draining our resources, and despite new "miracle drugs," continue to outpace our ability to keep up. And it's not just adults who are paying the price. The prevalence of obesity in children has skyrocketed as well. The rate of childhood diabetes has more than tripled in the past 40 years.

A better, more science-based, and common-sense approach to this problem lies within the pages of *Outsmarting Obesity*,

ABOUT STEWART LONKY

Dr. Stewart Lonky is a practicing physician specializing in internal medicine, pulmonary medicine, and critical care, with a biochemistry background and a 10-year career at UCSD medical school and now in private practice for 35 years.

He has a strong toxicology and legal medicine background and an MBA from Pepperdine University. He has served as Chief Medical Officer and Regulatory Affairs Director for a medical device company.

Dr. Lonky is no stranger to challenging established beliefs about obesity. With his wealth of experience and expertise, he has dedicated years to unraveling obesity's origins, causes, cures, and prevention. In "Outsmarting Obesity," he peels back the layers of this epidemic to reveal the true drivers behind extreme weight gain.

For more information, visit:

<https://drlonky.com/>

STEWART LONKY, MD

With Contributions by CHRIS TALLEY, MS

Foreword by STEPHEN SINATRA, MD

OUTSMARTING OBESITY



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

SPEAKING POINTS

- **Unlocking the Mystery: How Do Epigenetic Changes Trigger Obesity?**
- **The Healthy at Every Size Fallacy**
- **The Business Cost of Obesity: Skyrocketing Healthcare Expenses and Lost Productivity**
- **Pounds vs. Profits: The Heavy Toll of Obesity on Healthcare Costs**
- **Unseen Enemies: How Environmental Toxins are Fueling the Obesity Epidemic**
- **Obesity and Cancer: Understanding the Deadly Link**
- **Weight of the World: How Big Business is Profiting from the Obesity Epidemic**
- **Expectant Mothers Alert: Tips to Prevent Obesity in Your Newborn**
- **Rethinking Diets: Are They Truly Effective or Just a Myth?**
- **The Triple Threat: How Poor Diet, Lack of Exercise, and Obesity Drive Up Chronic Conditions and Insurance Premiums**