



# PARKER

## MEDICAL WEIGHT LOSS

## ADDITIONAL RESOURCES AND FURTHER READING

If you are interesting in further study and reading, below are some helpful resources:

- Nutrition and Metabolism Society: <http://www.nmsociety.org/>
- Jimmy Moore's Website: <http://www.livinlavidalowcarb.com/>
- CDC's Healthy Weight Website: <http://www.cdc.gov/healthyweight/tools/>
- Obesity Medical Association: <http://obesitymedicine.org>
- CarbSmart: <http://www.carbsmart.com>
- Diet Doctor: <http://www.dietdoctor.com/>
- Linda's Low Carb Recipes: <http://www.genaw.com/lowcarb/index.html>
- You may also search "Ketogenic Dieting" on places like Pinterest.
- *Good Calories, Bad Calories* by Gary Taubes
- *Why We Get Fat* by Gary Taubes
- *Wheat Belly* by William Davis, MD
- *The Art and Science of Low Carb Living* by Stephen Phinney, MD, PhD and Jeff Volek, PhD
- *Grain Brain* by David Perlmutter, MD
- *Keto-Clarity* by Jimmy Moore and Eric Westman, MD, MS
- *The Big Fat Surprise* by Nina Teicholz

Remember, if any of these websites or books differ from what I tell you, please go by my handout and instructions. If you have any questions, please ask.