



# **My Big Fat Greek Diet: How a 467-Pound Physician Hit His Ideal Weight and How You Can Too**

*Nick Yphantides*

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In *My Big Fat Greek Diet*, Dr. Nick Yphantides teaches readers the powerful 7 Pillars of Weight Loss, which features medically safe, practical how-tos anyone can apply, whether they need to lose 10 or 300 pounds. Analyzing components of a variety of diets, Dr. Nick assists readers in customizing a weight-loss program to their specific needs and lifestyles.

Topping out at 467 pounds, Dr. Nick was known in San Diego as a big man with a big heart. When a battle with cancer inspired him to focus on his own health, he embarked on a lifestyle change that would drop him to a svelte 200 pounds. His book, now in trade paper, will inspire and equip readers to design a program that allows them to experience their own weight-loss miracle!

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