

My Big Fat Greek Diet



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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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