



The Thinsulin Program: The Breakthrough Solution to Help You Lose Weight and Stay Thin

By Charles Nguyen, Tu Nguyen, Mary Ann Marshall

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High-fat, high-sugar foods get most of the blame for weight gain and obesity, but doctors have found that high insulin levels are actually the culprit. When we eat foods that raise our insulin level, the body stores fat; when we lower our insulin level, the body naturally burns fat. In *The Thinsulin(TM) Program*, bariatric internist Tu Song-Anh Nguyen and psychiatrist Charles Nguyen share their proven, science-based, two-stage plan for weight loss. First, the active phase shows you how to gain control of and lower your insulin levels through food choices that enable dramatic weight loss. Next, the passive phase helps you to adopt a new way of thinking about food, focusing on insulin rather than calories, to keep excess weight off for good.

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Editorial Review

About the Author

Charles Nguyen, M.D., is the medical director of the Lorphen Medical Weight Loss Clinic. His extensive research, clinical experience, teaching, and training in psychiatry offer a unique perspective to help his patients lose weight. His work on weight issues has appeared in various journals, and he frequently speaks at conferences. He lives in Orange County.

Tu Nguyen, M.D., is the medical director of N.N. Medical, which provides medical management of weight loss with an emphasis on behavior modification. He is a diplomate of the American Board of Internal Medicine and has more than 15 years of experience as a bariatric internist. He lives in Orange County.

Lorphenmedical.com
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Mary Ann Marshall is an author, editor and journalist. Marshall has been a regular contributor to *Glamour*, *Ms.*, *Cosmopolitan*, and many other magazines. Visit her website at maryannmarshall.net.

Users Review

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Latoya Jones:

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Donna Graham:

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