

Wipe away surface fat to avoid heart disease and drop 12 pounds this year!

You can easily eliminate up to 100 calories from fat and avoid the health risks associated with it by literally wiping off pure fat from many foods.

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1. Remove skin from chicken or turkey
2. Using a paper towel, blot grease from the top of pizza
3. Press your burgers between two stacks of napkins
4. Scrape the mayo, sauce or gravy off to the side

Dr. Pierce's Action Prescription


Mark Pierce, MD

Enjoy Dessert in moderation to drop pounds and avoid serious health risks!

Desserts have grown in portion size over the past several years. Choose to control your dessert portion size to lose weight and avoid unhealthy consequences.

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1. When eating out, share dessert with a friend
2. At home, eat cookies in the 100 calorie pack
3. At the ice cream shop, buy the smallest size

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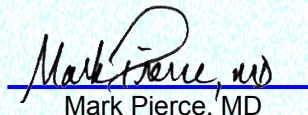
Avoid Portion distortion at dinner and lose 20 pounds this year!

Portion sizes have exploded over the past several years. You can control the portion size in front of you at dinner, cut calories and gain health benefits from a lower weight.

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1. Order a regular size burger instead of the specialty one
2. Order the lunch portion at your favorite restaurant
3. At home use small plates and keep seconds from the table

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