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# **Hunger is the #1 Sign Your Diet Isn't Working**

**THE APPETITE SOLUTION**  
**Lose Weight Effortlessly and Never Be Hungry Again**  
**by Joe Colella, M.D.**

Millions of Americans set out with the best of intentions to lose weight, yet the vast majority of them will not only fail to lose weight, they'll pack on additional pounds in the process. Internationally recognized weight loss expert Joseph Colella, M.D., F.A.C.S. has successfully helped thousands of patients who fight a daily battle with their appetites, cravings, and weight, and offers a revolutionary new approach to win the war on excess weight.

In **THE APPETITE SOLUTION: Lose Weight Effortlessly and Never Be Hungry Again** (HarperOne; Hardcover; April 21, 2015) Dr. Colella reveals his six-week plan for breaking free from the feelings of hunger that prevent us from losing weight, and getting body weight under control before the point at which the body has a more difficult time releasing excess weight, which he defines as approximately 30 extra pounds. In this book, he addresses:

- Why people who need to lose excess weight often feel ravenously hungry
- The biochemical role that stress plays in gaining and retaining extra weight
- How exercise can influence weight in short order
- The foods that disrupt our metabolism and cause weight gain.

Dr. Colella also presents an "Appetite Scale," which identifies the foods that cause the most inflammation within the body--a condition that leads to continuous weight gain and spikes one's hunger—and instructs readers how to avoid inflammatory foods or pair them with foods that are lower on the Appetite Scale.

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Controlling appetite is the key to sustained weight loss, and Dr. Colella's plan aims directly at driving your body into shedding weight in a natural way that is sustainable for the long-term. Whether you have 10, 20, 50, or 100 pounds to lose, **THE APPETITE SOLUTION** will help readers conquer their struggles with weight and get healthy once and for all.

About the Author:

**Joseph J. Colella, M.D., F.A.C.S.**, is an internationally recognized weight loss expert and robotic/bariatric surgeon. He has served as an assistant professor of surgery at the University of Pittsburgh School of Medicine, Hahnemann School of Medicine, the Medical College of Pennsylvania, and the Drexel University College of Medicine. He is a founding member of and is currently on the executive board of the Clinical Robotic Surgery Association, an international association of the world's premier robotic surgeons. Dr. Colella is one of the few weight-loss experts in the world with his surgical training and experience. This training and experience allows for a singular perspective on human anatomy, physiology, and disease processes. To learn more about the author, visit [www.drjoecolella.com](http://www.drjoecolella.com).

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**By Joe Colella, M.D.**  
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