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By Carlon M. Colker



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Editorial Review

Review

"The wealth of information contained in Dr. Colker's book far exceeds that of any publication I've seen." --
Dorian Yates, 6 time Mr. Olympia

"Its equivalent of taking the best nutritionists and trainers in the world and combining their knowledge into one book!" --Chad Nicholls, Nutritionist to 7-Time Mr. Olympia, 4-Time Ms. Olympia, Kim Chizevsky and multiple IFBB bodybuilding and fitness champions

Extreme Muscle Enhancement by Colker is hailed as the "bodybuilding bible" by many of today's top bodybuilding pro's. --Jim Stoppani, Science Editor of Muscle & Fitness and FLEX magazines

About the Author

Carlon M. Colker, M. D., FACN is the Chief Executive Officer and Medical Director of Peak Wellness of Greenwich, Connecticut, and an attending physician at both the Beth Israel Medical Center in New York and Greenwich hospital in Connecticut. He's also credited with assisting in the design in the first wellness program on the East Coast.

In addition to his practice, Dr. Colker is a premier researcher in the field of dietary supplements and widely regarded as the world's foremost experts on human performance.

Dr. Colker is also a long time contributing editor and columnist for Muscular development and has appeared in other popular publications such as Muscle and Fitness, Ironman, Musclemag, Flex, Mind and Power, Body, Runner's World, Let's Live, Self, Strive, Men's Health, Men's Fitness and Cosmopolitan among others.

With over 20 years experience in the health and fitness industry, Dr.Colker is an internationally recognized consultant and has worked with government agencies, large healthcare systems and private companies, as well as with Olympic and professional athletes and celebrities. His commentary can be seen on national television, appearing as regular guest correspondent on the America's Health Network, "Ask the Doctor," segment and Fox News Channel, "Fox and Friends". He has also had guest appearances on ESPN's "outside the Lines", NBC News "Health" segment, Court TV, ABS's "World News Tonight".

Dr. Colker is truly unique in that he has managed to couple his experience as competitive bodybuilder and powerlifter with the highest level of academic credentials and education.

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