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Editorial Review

About the Author

Dr. Warren Willey is the Medical Director of The Fitness Medicine Clinic, a full-service preventative medical organization helping people to obtain optimal health and fitness through elite nutritional programs, diet strategies, and exercise programs. He is a Board Certified Osteopathic Physician, and completed his postgraduate training at The Mayo Clinic. He is a founding diplomat of the American Board of Holistic medicine and a diplomat with The American Board of Family Practice. He is an active bodybuilder and has designed a number of exercise modalities. Dr. Willey is an established author having written a medical textbook and What Does Your Doctor Look Like Naked? Your Guide To Optimum Health, released in 2003. This book has helped thousands of people lose weight and obtain and then maintain optimal health. He also writes for a number periodicals. He has 20+ years experience with exercise development, personal training and nutritional intervention.

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