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The Body Shape Solution for Weight Loss and Wellness

By Marie Savard M.D. with Carol Svec

Most women already know whether they are apple-shaped or a pear-shaped. If they tend to gain weight in the belly and back, they're an apple. If their thighs and derriere are the canvas on which their snack food sins are written, then...you guessed it—they're a pear. But what does it matter? Gut or butt, too much is too much, right? Wrong! It's visceral fat that is actually the enemy. According to critically acclaimed internist and women's health expert, Dr. Marie Savard, body shape is a life or death issue, which is why women need the information contained in the ground breaking **The Body Shape Solution for Weight Loss and Wellness** (Atria Books, January 3, 2006; \$14.00; Paperback; Non-Fiction).

Much more than just another diet and weight-loss guide, Dr. Marie Savard shows women that body shape does far more than determine their choice in swimsuits: it is the single most powerful predictor of future health. **The Body Shape Solution for Weight Loss and Wellness**, explains how body shape is connected to differences in physical chemistry, hormone production, and metabolism, and directly affects a woman's likelihood of becoming obese, developing heart disease, osteoporosis, the metabolic syndrome, diabetes, stroke, varicose veins, and certain cancers. Dr. Savard gives readers a simple method of accurately measuring their own waist to hip ratio (WHR) and presents specific diet options, exercise regimens, medications, menopause therapies and lifestyle changes that are geared to each shape. The result is a straight-forward, effective, non-judgmental program that any woman can incorporate, regardless of age or health.

Rich with cutting-edge scientific information never before collected in a single accessible book, *The Body Shape Solution for Weight Loss and Wellness* is a prescriptive and practical book that helps women:

- Understand what body shape means, how it is formed, how it changes, and how it relates to your health.
- Learn to distinguish between *subcutaneous* and *visceral* fat—butt or gut!—and discover why all fat is not created equal.

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- Discover the *elite* foods that help protect against disease, promote general wellness, and improve your odds of shedding fat.
- Find out why the human body is not designed to give up weight easily—and learn how to lose *more* weight with *less* effort.
- Learn what hormones, medications and tests are best suited for each body shape.
- Discover the 25% solution for weight loss and get out of the cycle of diet failure forever.

No more fads. No more confusion.

ABOUT THE AUTHORS:

Marie Savard, M.D. is a nationally known internist, women's health expert, and advocate for patients' rights. She is the award-winning author of *How to Save Your Own Life* and the creator of *The Savard Health Record*. She lives in Philadelphia.

Carol Svec is a seasoned health writer and the author of three books.

Please visit the authors' website at www.applesandpears.org

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