



Webinar Replay: Lose Weight for Good with a Healthy Plant-Based Diet, Featuring Dr. Anthony Lim

By Anthony Lim, MD, JD
2021-07-28 18:41:59



Have you found some weight-loss success, only to hit a frustrating plateau in your progress?

Losing weight is rarely easy, but it is very possible to shed excess pounds—and keep them off—once you understand not just *what* to eat, but also *how* to eat.

In this webinar, Dr. Anthony Lim, medical director of the McDougall Program and staff physician at TrueNorth Health Center in Santa Rosa, California, shares his extensive knowledge and practical advice on how to create a healthier relationship with food and achieve lasting weight loss.

Dr. Lim discusses:

- The concept of calorie density and why it's essential to long-term success.
- His 10-point checklist for maximum weight loss.
- Concrete strategies for making healthy behaviors easier and breaking through a weight-loss plateau.

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Originally aired on Jan. 15, 2020