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## Presenting ... **Dr. Donald Fox**

[Dr. Donald Fox](#) would like YOUR help to become a guest of "Inside Success Radio."



[Learn more about Dr. Donald Fox](#)

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**Dr. Donald Fox's  
FEATURED PRODUCT:**  
[Diet Of The Future](#)

Fast Facts about Dr. Donald Fox:

**Known As:** *Author of Diet Of The Future, Researcher, World Renowned Birth Defects Award Winner and Orthodontist.*

**Expertise in:** *Fast Weight Loss; Sodium - Its Effects on Diets & Nutrition; Thumbsucking Stopped in 1 Week w/out Devices; Birth Defects - Tylenol; Heat Exhaustion in Sports; Invisalign (Clear Trays to Move Teeth); Early Treatment Braces at Age 6.*

Dr Fox has written Diet of the Future, a new fast weight loss diet that is ten times easier than the South Beach Diet and is low fat, so it's nothing like the Atkins' Diet. It's the best diet book on the market that's compatible with the latest findings that a virus and certain bacteria are keeping American's addicted to the wrong foods and is

the perfect diet to go along with the first FDA diet pill released named "alli" (yes, it's spelled all in lower case).

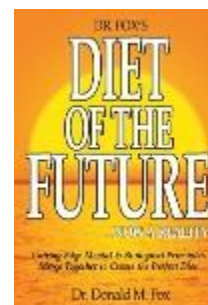
Diet of the Future has finally merged cutting-edge mental and biological principles together to create the perfect diet. It's easy to start, since you can eat all the allowed foods you want for weeks to prevent hunger; the number one failure of many diets!

Alarming statistics show:

- \* 70,000,000 people in the U.S. are obese (50 pounds overweight).
- \* This number will climb to 120,000,000 in the next five years.
- \* There are another 70,000,000 who are one to 49 pounds over weight.
- \* 8,000,000 are morbidly obese (100 pounds or more overweight).
- \* And, there are nine million overweight children, ages six to sixteen.

With two-thirds of Americans overweight, it's obvious that fad diets don't work. Dr. Fox knows ... he tried many of them and failed. In fact, he gained more weight. He then wrote a better, smarter diet and successfully lost the weight. Dr. Fox's Diet Of The Future:

- \* Is low in fat, sodium and preservatives that anyone can use.
  - \* Doesn't involve costly meals and complicated recipes.
  - \* Allows you to eat all you want from a list of foods in the beginning to prevent hunger; the #1 failure of most diets!
  - \* No exercise (if you wish), but the diet gives many ways to increase metabolism without formal gym exercise.
- Although, formal exercise is highly recommended after a certain amount of weight has been lost.



- \* Barriers to weight loss have finally been sorted out.
- \* Secrets are finally given to why 140 million Americans are addicted to the wrong foods.

The secrets to fast weight loss by eating regular food, even at restaurants have finally been discovered. Nutrition conscious people will also benefit from this information packed book.

Women lose 2-3 pounds per week and men lose 4-5 pounds per week. Lose weight fast while Dr. Fox tells all from his perspective of losing weight (70 pounds in 5 months) on his own diet and how he overcame barriers and has learned how to keep the fat off for years.

BestDietForMe.com states the next hit diet book must allow overweight people to control what happens to their bodies while on a diet. Fad diets will be replaced in the future by blending the body and mind in interesting ways. Dr. Fox's diet book does just that!

It can be purchased at [www.dietofthefuture.com](http://www.dietofthefuture.com) in paperback and the e-book will be available next month along with a CD Series titled "Ask Dr. Fox - What Secrets Skinny People Know About Fast Weight Loss That Overweight People Should".

Dr. Fox attended the University of Tennessee and completed a residency in Orthodontics after graduating #1 of a class of 115. While there, he completed one of the lengthiest Master of Science degree thesis written in the history of the university.

In his research, Dr. Fox discovered birth defects resulted from normal dosages of aspirin or acetaminophen taken

during pregnancy. His animal studies followed FDA birth defect protocol, so caution must be given with use of these two drugs during pregnancy. In addition to FDA protocol, Dr. Fox used radiographs to look for birth defects to set an example for future birth defect research. He also suggested that his method along with MRI, CT scans and other diagnostic tools would in the future replace the aged techniques used by the FDA.

Dr. Fox was also awarded the Chairman's Research Award in Orthodontics and the Woodrow Powell Research Award for recognition of an original research investigation, which had produced unique and significant knowledge for the specialty of Orthodontics.

The American Association of Orthodontists awarded him the American Association of Orthodontists Harry Sicher Award for the most meritorious first research in the United States and Canada. His research was then presented at the annual meeting of The American Association of Orthodontists in New Orleans and at the annual meeting of The Growth Symposium at the University of Michigan.

Dr. Fox has a Master of Science degree in Orthodontics and Dentofacial Orthopedics. This encompasses dental braces that straighten the teeth and jaws and the ability to change the shape, length and width of the jaws of the face. This is done as early as age seven with non-surgical methods or in the teenage and adult years with non-surgical and surgical methods.

Dr. Fox went into private practice where he has written more than 480 articles in dentistry that help administrative staff, assistants and patients plus manuals for different

job positions in Dentistry. He has produced more than 120 educational videos.

Dr. Fox is able to stop thumbsucking in children and adults within one week without the use of any appliances in the mouth. More than a hundred children have been stopped by him with ninety-five percent kicking their habit the first night. A book is in the works on this simple to use technique that people will be able to use in their own home. There's an estimated five million thumb suckers in the United States at any given time.

He has developed techniques that decrease the urge to gag or choke when dental impressions of the mouth are performed. Also, Dr. Fox has tested the glue used to stick braces onto the teeth.

He recently completed research on how to tolerate extreme heat with the use of salt and potassium. He has identified four new stages of heat exhaustion. This will help people who work or play sports in extreme heat to recognize early stages of heat exhaustion much sooner than presented previously. Dr. Fox also developed methods to repair the early stages. He is donating his research to NASCAR, the high school athletic programs, the NCAA and the NFL.

In his spare time, Dr. Fox goes to NASCAR races, football games and hockey games. He has helped the Clearwater Aquarium in Clearwater, Florida, to help with research and the salvage of stranded and hurt marine wildlife, particularly sea turtles, dolphins and otters.

Dr. Fox's new book, Diet Of The Future and other products are available at [www.dietofthefuture.com](http://www.dietofthefuture.com). We

are fortunate to have on our show a person of such wide diverse and interesting areas of expertise.

**Tell us what question you would most like to ask Dr. Donald Fox about:**

***Fast Weight Loss; Sodium - Its Effects on Diets & Nutrition; Thumbsucking Stopped in 1 Week w/out Devices; Birth Defects - Tylenol; Heat Exhaustion in Sports; Invisalign (Clear Trays to Move Teeth); Early Treatment Braces at Age 6.***

**(And if we interview Dr. Donald Fox, we'll send you a special reminder email before the call so you'll be sure not to miss it)**

Your First Name:

Donald

Your Primary Email:

drdonaldfox@yahoo.com

Type your question here

## [Free Chapter One of Diet of The Future - I'm Not The Only Who Is Fat](#)

Dr. Donald Fox - 4/9/2007

Learn exactly how much you should weigh for your height done in easy to understand terms. To solve a problem one has to confront and understand it. Diet Of The Future does just that. Also, learn how many other Americans are overweight and by reading this book, you'll not only help yourself with proper nutrition, but start to help others find the truth about one of the easiest diets to come out ever ... as if it came from the future - Diet Of The Future....[Read More](#)

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## [Invisalign: The Clear Alternative to Changing Your Smile & Life!](#)

Dr. Donald Fox - 3/19/2007

Learn How Straight Teeth Can Make You Look Younger, Earn More Income, Find That Loved One, Better Your Marriage & Overcome Shyness ... By Using Invisalign® & Dr. Donald Fox: The Clear Alternative to Braces. ...[Read More](#)

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## [Sodium - Too Little Or Too Much Will Ruin Your Diet & Prevent Weight Loss](#)

Dr. Donald Fox - 3/19/2007

Low carb and no fried food diets are basically low salt diets. To cut out carbs and fried food, you will cut out a large quantity of salt and this will cause a major shock to your body. Not only will you deal with a sugar shock, a carb shock and a fat shock, the most difficult will be the salt shock. Too little salt or sodium is just as harmful as too much when it comes to dieting and will prevent weight loss. Learn what healthy people know about sodium and staying skinny that unhealthy or overweight people should....[Read More](#)

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