

Unique Holistic Weight Loss System Unveiled By Doctor Near Pittsburgh

Stanley Lang April 22, 2013



Dr. Lang, Pioneer of Holistic Weightloss

The weight loss industry is a multi-billion dollar behemoth, and it works in part because so many people try, fail, and then try again. Dr. Stanley Lang, MD, who runs a holistic medical practice near Pittsburgh, PA, says that most people will fail because most programs only ever treat the body, and fail to treat the real causes of obesity, particularly chronic stress.

(Newswire.net -- April 23, 2013) Pittsburgh, PA -- Bikini season is approaching, and while many New Year's Resolutions have fallen by the wayside, millions, undaunted by failure in the past, are gearing up for another round of diets and exercise, in the hopes of finally shedding the

weight that plagues them. One doctor, however, is skeptical.

Dr. Stanley Lang, MD, is a medical practitioner with 30 years of experience, and he's seen the whole gamut of weight loss gimmicks. "Losing weight isn't the problem, keeping the weight off is. You can lose weight 100 different ways, but more than 90% who lose weight just regain it again, because every new system or diet that comes out usually only pays attention to the body."

"Most diets simply aren't geared for permanent weight loss," explains Dr. Lang, "because they aren't healthy for the long-run." Even many diets that purport to be "lifestyle changes" and claim to not be "diets" in the traditional sense fail, says Dr. Lang, because they all wind up only treating the body.

"Our society is stressed out, and with chronic stress, most people simply cannot sustain long-term weight loss, and many never even reach their goals. A truly holistic approach deals with the body, but also with the mind and the spirit to solve all health issues, especially the devastating effects of chronic stress," says Dr. Lang, who has developed what some believe may be the first truly [holistic weight loss system](#), which he offers at [PERMANENT-WEIGHT-LOSS-NOW.COM](#). "Until now, insofar as I am aware, such an approach has simply not been available in the marketplace." Dr. Lang states that many of his own patients have seen sustained weight loss through following his holistically-based guidelines. "I knew there was an obvious need for an holistic weight loss program, and so I decided to answer this need and provide people with a better chance at long term success."

About Dr. Stanley Lang

Dr. Lang is a board-certified physician who has been practicing medicine for 30 years in DuBois, PA, a few hours north of Pittsburgh. He has seen numerous changes over the years of practicing holistic medicine and is a pioneer in this strategy of providing care.

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