

CEDAR PARK CHIROPRACTOR DOCTOR BYNES INTERVIEWED ON POPULAR HEALTH RADIO SHOW

Cedar Park, TX – June 2, 2009

When it comes to health talk radio, few topics generate more buzz than dieting and weight loss tips. Acclaimed physician [Doctor Derrick DeSilva](#), host of the entertaining and informative “[Ask Dr. DeSilva Show](#),” is an expert at helping listeners separate dieting fact from fiction.

On June 2, 2009, [Dr. DeSilva interviewed](#) Dr. Thomas Bynes, DC, author of “Sinner to Thinner,” a “Devilishly Dynamic Guide to a Heavenly Body.” Determined to produce a powerful and effective fitness book, Dr. Bynes spent the past two years researching and writing “[Sinner to Thinner](#),” which is available at [Amazon.com](#).

In light of the alarming obesity problem in America, Dr. DeSilva asked Dr. Bynes why so many people struggle with their weight, and what simple steps can be taken to improve the problem. Dr. Bynes noted that most diets fail when they are too strict, complicated, tasteless, or deprive all cravings. He also stated that most Americans are willing to work hard to lose weight, but the vast amount of conflicting weight loss information is often overwhelming for would-be dieters.

When it comes to proven, science-based weight loss advice, Dr. Bynes stressed the importance of limiting a person’s sugar intake, and replacing those empty calories with nutrient and fiber-rich foods, such as nuts, seeds, beans, and lean protein. Aerobic exercise and strength training are also highly effective tools for losing weight and building lean muscle mass. Keeping a daily food journal and finding a weight loss “partner” are other simple methods for staying true to your diet.

At the conclusion of the interview, Dr. Bynes spoke about his Fit 4 Life Wellness Center in Cedar Park, which provides patients with gentle chiropractic care, a licensed acupuncturist, and a certified massage therapist. Dr. Bynes also presents weekly health and nutrition lectures at The Crossings Wellness Spa in Austin, Texas, as well as at his wellness center.

For “on demand” listening to the Dr. Bynes interview on the “Ask Dr. DeSilva” show, please visit the [Health Radio Network](#) or log on to [www.Fit4LifeCenter.com](#). For more information on “Sinner to Thinner,” please visit [www.SinnerToThinner.com](#). To reach Dr. Bynes at his office, please call 512-250-8118.