The Weight Loss APP for People Who Don’t Like Diets

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Objective:

Easier way to lose weight
Obesity Scope of the problem

By 2050
60% of men
50% of women will be obese
Children will have shorter life span than parents

https://www.cdc.gov/obesity/data/adult.html
Why Are Americans Obese

Diet
Lifestyle
Accepted
Genetic?

https://www.cdc.gov/healthyweight/index.html
Past Failures

Surgery
Exercise
Diets
New approach

Biological Clock
Why This will Work

- No calorie counting
- No exercise
- No dietary changes
Circadian Diet APP

Set the app to eat during wake hours
Set the App to notify you when it is time to sleep.
Circadian Diet APP

- Set your weight loss goal
Reward sound with predetermined amount of weight loss