

# **22. How to Lose Weight After a Stroke - Dr. Jonathan Colter**

## **Lasting Weight Loss after Stroke with Dr. Jonathan Colter.**

Dr Colter was a practicing chiropractic physician in North Carolina for over 20 years. During that time he was exposed to patients suffering from various health conditions ranging from cancer, high blood pressure, obesity, diabetes, heart disease, chronic illness, degenerative arthritis and depression. Amongst other things today we discuss how to keep the weight off.

### **This interview could help you lose weight after a stroke.**

Twenty plus years in practice has taught him that addressing the symptoms does NOT restore health to the body. In this interview we discuss weight loss tips, the benefit for light exercise in weight loss and how past emotional trauma may be one of they key components to ongoing challenges with food, like emotional eating and weight gain.

Listen to my previous interview with Dr Jonathan Colter [here](#).

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