Goodbye, misconceptions. Hello, perspective.

There’s a LOT of misinformation about weight loss and wellness out there – from perspective ideas about “ideal weights” to fad diets that over-promise and under-deliver. To set the record straight, we turned to board-certified family medicine doctor and obesity medicine specialist Dr. Kristamarie Collman.

In this video, Dr. Collman will explain eight things she wants people to know about weight loss from the perspective of an MD.

Say hello to a healthier you.

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Recipe of the month.

Honey mustard chicken salad on whole wheat

This [tasty recipe](http://ww.com) is perfect for a quick lunch whether you’re at home, in the workplace or back to school.

Plus, here are [44 easy lunch](http://ww.com) ideas for one.

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