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Overview. This New York Times bestseller from one of the hosts of The Doctors presents The Lean Belly Prescription, a simple, enjoyable, supereffective cure for belly fat—one of America's greatest health risks. Dr. Travis Stork, cohost of the popular, nationally syndicated television show

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The Doctors, teams up with Men's  
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America's greatest health risks Dr. Travis Stork, cohost of the popular, nationally syndicated television show The Doctors , teams up with Men's Health editor Peter Moore to deliver a personalized prescription for readers looking to shrink their bellies and their health risks.

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from America's top urgent-care doctor was written by Dr. Travis Stork who was the co-host of the Doctors. He also currently works in the ER Vanderbilt Medical Center. Over the years, Stork learned that one's waistline and belly fat can predict his or her changes for illness or disease.

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