



Our Team of Experts

Our program was developed by a group of chiropractors, medical/osteopathic doctors, dietitians, and psychologists with over 100 years of combined knowledge and practice in the weight loss industry.

Mark Sanna, D.C., A.C.R.B. Level II, F.I.C.C.

Dr. Sanna is the President and CEO of an international consulting firm, Breakthrough Coaching, which teaches an outcome-based, functionally-oriented system of procedures, proven to establish medical necessity, and support the growth of chiropractic practices. A graduate of New York Chiropractic College, Dr. Sanna is a Fellow of the International College of Chiropractors, and serves as Member of the Governors' Advisory Board of the American Chiropractic Association. Dr. Sanna has been awarded a Second Level Certification from the American Chiropractic Rehabilitation Board.

Michael Steelman, M.D.

Past Chairman of the Board of Trustees of the American Society of Bariatric Physicians. Past President, American Society of Bariatric Physicians. Editor, The American Journal of Bariatric Medicine 2006. Bariatrician of the year 2006 – American Society of Bariatric Physicians. Former Vice President, Obesity Foundation. Dr. Steelman is one of the most noted authorities on weight loss in the United States. He speaks nationally on the treatment of obesity as well as having published numerous articles on the subject of weight loss.

Joshua Kirz, Ph.D.

Clinical Assistant Professor, Stanford University Medical School. Has long history of working with behavior modification and addictive behaviors. Dr. Kirz is one of the foremost researchers and speakers in the United States on these topics.

Laurence J. Ecker, D.O.

Has worked in the area of weight control and preventive medicine for over 30 years. Developed and owned one of the largest weight loss programs in the United States.

Sandra J. Frank, Ed.D., RD, LN

Over 30 years experience in nutrition. Dr. Frank has been involved in the research of successful weight loss and weight maintenance. She has been a food journalist for the Sun-Sentinel, Atlanta Constitution, Fort Worth Star, Detroit Free Press, and Bon Appétit Magazine. Authored "Menu Solutions", a book used in health care facilities and universities. Developed the curriculum for the diet technician program certification by the American Dietetic Association.

Joseph Morrison, Personal Trainer

Has been a Personal Trainer for over 25 years. Has consulted and taught behavioral management classes for Bally's, Pinnacle and Linda Evans Fitness Centers.