



The Potbelly Syndrome: How Common Germs Cause Obesity, Diabetes, and Heart Disease

By Russell Farris, Per Marin

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This book clarifies the cause and consequences of hypercortisolism to help readers do something about it.

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Editorial Review

About the Author

Russell Farris is a retired artificial-intelligence researcher who spent most of his life solving problems for the U.S. Navy. After suffering a heart attack in 1998, he began to apply his problem-solving skills to the study of heart disease and related illnesses.

Per Marin, M.S., Ph.D. is a distinguished scientist, physician, and clinical teacher from Sweden. He has been writing about obesity since 1985, and many of his eighty-two publications deal with the effects of cortisol on weight and health.

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