

Ian joined **The Diet Plate®** team when he was appointed as Medical Director in 2007.

As an independent obesity expert he was always impressed by the simplicity, and versatility of **The Diet Plate®** when working with his patients. The opportunity to be involved in making **The Diet Plate®** a national success story was too good to refuse.

Inspired by recent publications **proving the effectiveness of The Diet Plate® in achieving both weight loss and improved health**, Ian continues to provide medical advice to the company, is a spokesman for the press, and is involved in developing other key weight loss products.

Three new health related articles from Dr Ian Campbell - Obesity Specialist have been added to the site. Specifically relating to children and how as parents we can best provide a healthy future.

These and other articles can be found in the [Dr Campbell](#) section of the site.