Author's response to reviews

Title: A multidisciplinary approach to weight loss interventions

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Author's response to reviews: see over
Dear Editor,

Resubmission 2:

MS: 1534855919752955 - A multidisciplinary approach to weight loss interventions

Thank you for inviting us to submit a further revised version of our manuscript following the second review. We would like to thank the reviewers again for their comments and continued interest in our work. We have made additional changes to the article and feel that we have improved both the clarity of our ideas and quality of the piece.

The following changes were made in response to the reviewer comments.

- The introduction (paragraph 2, page 3 and paragraph 1 page 4) was updated in response to the Reviewer 1’s concerns regarding the application of the first law of thermodynamics. The reference to thermodynamics was removed and the text reworded.
- We agree with Reviewer 1’s concerns regarding the reference to Lustig et al., 2012 in the final paragraph of the discussion. Following direct contact with Reviewer 1 we revised this paragraph (paragraph 1, page 16) and additional information regarding the role of carbohydrate restriction in weight loss included.
- We recognise the concerns of reviewer 1 regarding the reference to Bray, 2003. However, the use of this reference aimed to highlight that researchers in the field, including those who support the ‘calorie in-calorie out’ model of energy balance, acknowledge that current treatments remain futile or ‘palliative’. Therefore we chose to keep this reference in the current version of the manuscript.
- As suggested by Reviewer 2, two additional references, from a recent series published in the New England Journal of Medicine, were included (paragraph 2, page 16).

As requested by the editorial board the title has been updated to A multidisciplinary approach to weight loss interventions. In addition, an author information section was added to the end of the manuscript (page 18).

In addition to this covering letter the updated manuscript is attached. The most recent changes are in red.

We hope this paper is received with interest, and thank you for your consideration.

Yours sincerely,

Katherine Hafekost