

Welcome to the *Eating for Vitality Diet*

You have made a great choice to take control of your life through proper eating. There is no better time than *right now* to start feeling and looking better!

Why is vitality important?

The dictionary defines vitality as:

1. *the distinguishing characteristic between the living and the nonliving*
2. *exuberant physical strength or mental vigor, endurance, stamina, and zest for life*

According to the first definition, you have certainly qualified as having “vitality.” Wouldn’t you like to be described by the second definition? Let’s consider “vitality” in more general, everyday terms. Without realizing it, you assess your vitality every day when you consider your energy level, mental clarity, weight, hormonal balance, and overall health. How do you deal with it? Energy drinks, more caffeine, random dieting, and rushing to the store to buy the latest supplement or vitamin you saw on an infomercial or talk show? Or maybe you accept your current condition as the result of life’s aging process. If you open your mind you will find that you have more control and capability than you ever thought possible to live life to the fullest!

My *Eating for Vitality Diet* program has been helping my clients feel great, while losing weight and keeping it off, for years. They have more energy, greater mental clarity, and an abundance of vitality they never thought possible.

Why am I confident this program will work?

Thirty years ago, I was where you may be right now. I was always feeling tired and sick.

Back then there was no one to help me through the difficult process of finding the right diet. My frustrations led me to becoming a certified nutritionist, natural gourmet chef, gluten practitioner, and healthy lifestyle coach.

Throughout my 30 years in the health industry, I tried many of the healthy diet trends, including vegetarian and vegan diets, the Macrobiotic diet, Mediterranean diet, as well as the Zone®, Atkins®, South Beach®, and Fat Flush Diet®. I did this when I was in my 20s, 30s, and 40s.

And now that I am in my 50s, I have taken my years of research, and my personal experience working with clients and in the kitchen to develop my *Eating for Vitality Diet*.

This is not a fad diet. There is no counting calories, no starving yourself or feeling hungry, no gross foods, and NO diet pills.

In fact, even though you will lose body fat weight, the *Eating for Vitality Diet* is not really a diet...it is a healthy lifestyle. It guides you to the proper diet and lifestyle choices that are the foundation for creating health and vitality.

The *Eating for Vitality Diet* will also help you lower inflammation and reduce your risk for many serious illnesses - including diabetes, heart disease, many cancers, Alzheimer’s disease, Parkinson’s disease, inflammatory bowel disease, arthritis, and many more. If you want long-term optimal health, lowering inflammation is crucial!

With my *Eating for Vitality Diet* you will get all the help and guidance to maintain a healthy lifestyle with confidence!