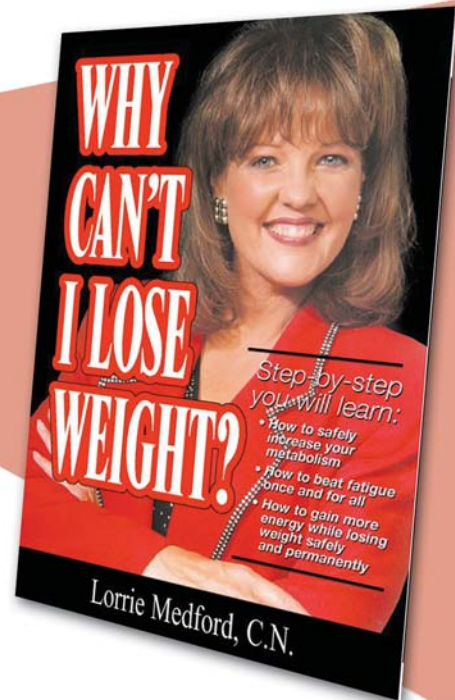


Tired of FAD DIETS?

Finally, a user friendly resource book that will not only tell you why you can't lose weight, even after all the efforts you've made, but -- more importantly-- how you can! In this book, we'll look at the real causes of overeating and weight gain and you'll understand why getting healthier is your key to permanent weight loss.



In *Why Can't I Lose Weight?*, You Will Learn How To:

- Improve your fat burning ability (chapter 5)
- Safely boost your metabolism (chapter 6)
- Conquer food cravings (chapter 10)
- Eliminate poor digestion (chapter 3)
- Banish constipation (chapter 4)
- Eliminate allergies (chapter 7)
- Energize your body (chapter 8)
- Say goodbye to yeast infections (chapter 9)
- Balance your hormones (chapter 11)

Lorrie's balanced plan helps eliminate cravings, improve digestion and increase energy almost immediately. She gives you practical menu-planning ideas, recipes, a shopping list, and an eating-out guide for safe, permanent weight loss. Whether you want to lose 5, 10 or 100 pounds, you will want to refer to this book again and again!

Plagued with excess weight?
Tired of fad diets? Then it's time
for you to read *Why Can't I Lose Weight?*
and get the winning strategies to equip you to
successfully and finally lose that excess weight!

Cheryl Townsley
Author of *Food Smart*,
National Speaker and Media Guest

This book has been one of the most complete and practical books on nutrition I have ever seen.... Even if in the past you have tried diets and weight loss programs that have caused you to become discouraged and give up, this book will be different. You will be encouraged...this book is really life changing.

*From the foreword by Pastor Eastman Curtis
Destiny Church, Tulsa, Oklahoma*

You Can Lose Weight!



Lorrie Medford, CN is a licensed, Certified Nutritionist with a thriving practice in Tulsa, OK, called Life Design Nutrition. After solving her own weight and energy crisis, Lorrie has lost more than 35 pounds and has kept the weight off for the last eighteen years. She's studied nutrition, cooking, health, and fitness for 20 years and is also a Certified Personal Trainer. She's written *Why Can't I Lose Weight?*, *Why Can't I Lose Weight Cookbook*, *Why Can't I Stay Motivated?*, *Why Am I So Wacky?* *Why Do I Feel So Lousy?* *Why Do I Need Whole-Food Supplements?* and *Why Eat Like Jesus Ate?*

Retail price: \$17.95. Please ask for professional discounts. You may place your order for *Why Can't I Lose Weight?* or any of Lorrie's other books, using any of the following options:

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Tulsa, OK 74146

By calling:
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By fax:
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