



# Ladies, do you feel WACKY?

Are you wacky for a week, once a month, every month? Do your mood swings include screaming at the top of your lungs when someone cuts you off in traffic? Or, do your hot flashes come so frequently that you have been able to lower your heating bill? What about crying because—well, anything will do! If any of this sounds like you at times—or all the time, then this book is for you!

**In *Why Am I So Wacky?*, Lorrie gives you natural solutions to problems such as these:**

- Fatigue
- Low sex drive
- Depression, mood swings
- Aches and pains
- Bloating
- Hot flashes
- Weight gain
- Migraines
- Insomnia
- Lack of concentration
- Poor memory
- Hair loss

**She also addresses:**

- **What is hormone balance?**
- **Do I even need hormone replacement?**
- **How to design your life for hormone health.**
- **Who decided how women handle hormones?**
- **How to really test your hormone levels.**

Thank goodness for women like Lorrie Medford. Her many years as a Certified Nutritionist, researcher and author of numerous health books, have provided her with the experience and the knowledge to help us unravel the mysteries of our hormones. Her latest book *Why Am I So Wacky?* clearly and concisely reveals the path back to hormonal balance. Not only does she lift the veil of confusion and misunderstanding that surrounds the causes of hormonal imbalance but, most importantly, Lorrie provides dozens of safe, effective and natural solutions.

*Sherrill Sellman, Author of Hormone Heresy  
Tulsa, OK*

## Let Lorrie solve your hormone crisis!

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: \$11.95. Please ask for professional discounts. You may place your order for *Why Am I So Wacky?* or any of Lorrie's other books, using any of the following options:

**By writing:**  
Lorrie Medford, C.N.  
9726 E 42nd St, Ste 231  
Tulsa, OK 74146

**By calling:**  
(918) 664-4483  
**By fax:**  
(918) 664-0300

**By e-mail:**  
lorrie@lifedesiggnutrition.com



**visit our website at [www.lifedesiggnutrition.com](http://www.lifedesiggnutrition.com)**