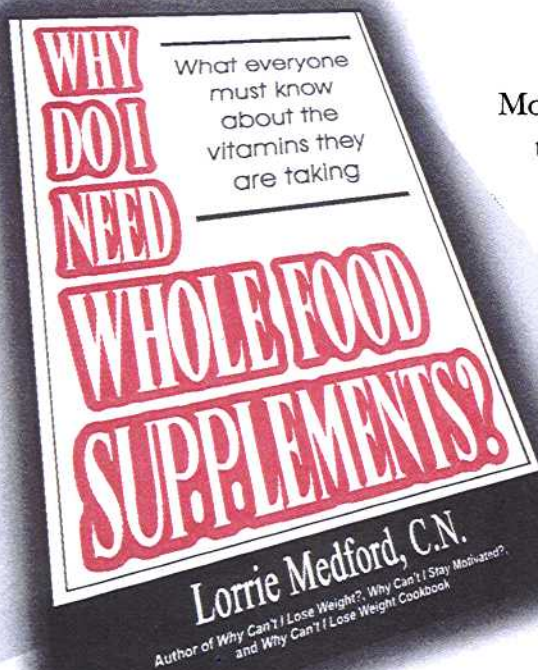


# Do Your Supplements Really Work?



Most people don't have time to thoroughly investigate vitamins or get the right information to make wise selections. If you have been confused about vitamins or even frustrated after spending lots of money on vitamins but not getting any results, *Why Do I Need Whole Food Supplements?* will help you understand how to buy supplements that work.

*"Lorrie Medford's wonderful book will give you the information you need to make changes now. Lorrie gets right to the heart of the issue and explodes the myths that have been fostered on the American public by those who are, perhaps, motivated by less than the highest goals. If you are tired of being tired, if you are fed up with being overfed and undernourished, then Lorrie's straight-forward recommendations are exactly what you need. Read this book and give copies to all whose health is as important to you as your own. You and they will be glad you did!"*

-Michael D. Dobbins, D.C.  
Alameda, CA

**In *Why Do I Need Whole Food Supplements?*, you will discover...**

- Five major reasons to supplement your diet.
- Why good soil is so vital to our health.
- Why all supplements are not alike.
- How synthetic vitamins can hurt you.
- Potency: If a little is good, is more better?
- What supplements do you really need?

*"Lorrie Medford has done a masterful job with this book to not only help you understand the need for supplementation, but the do's and don'ts when it comes to purchasing and using supplements. You can't afford not to read and use this book. Your health depends on it, as well as your pocket book."*

-Joel Robbins, D.C., M.D., N.D. Tulsa, OK

## Know What You Are Taking!



Lorrie Medford, C.N., is a licensed, certified nutritionist with a thriving practice in Tulsa, OK, Life Design Nutrition. She has studied nutrition, cooking, health and fitness for 20 years and is a certified personal trainer as well. After struggling with her own weight for many years Lorrie lost more than 35 pounds and has kept the weight off for the last 16 years following the ideas presented in her books. She's written *Why Can't I Lose Weight?*, *Why Can't I Lose Weight Cookbook*, and *Why Can't I Stay Motivated?*

Retail price: \$9.95. Please ask for professional discounts. You may place your order for *Why Do I Need Whole Food Supplements?* or any of Lorrie's other books, using any of the following options:

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