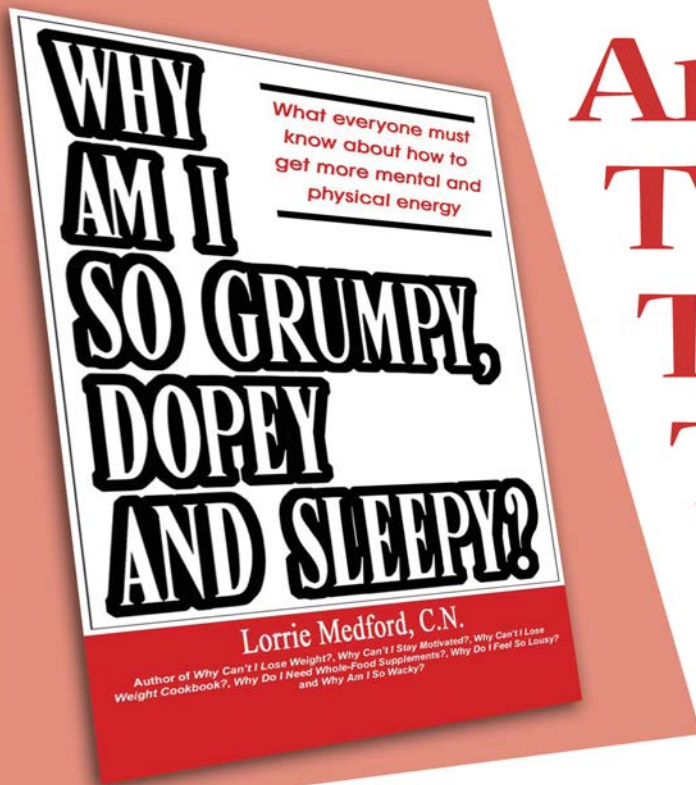


# Are You Too TIRED To Read This Book?

If you think you are the only one who complains of a personal energy crisis, take heart. Statistics show that nearly half of all Americans suffer from low energy. And the other half were apparently too tired to answer the survey!



## In **Why Am I So Grumpy, Dopey and Sleepy?**, You Will Discover:

- Why you frequently crave pasta, chips, candy and soft drinks.
- Why you are always tired, even after a full night's rest.
- Why you wake up in the middle of the night and can't get back to sleep.
- Why you struggle with depression and brain fog.
- Why you easily catch colds or the flu.
- Why you have trouble losing weight permanently.
- Why you get up and go wants to sit down and rest

*Lorrie has written an information-packed book for the person who complains of being tired and run down. Lorrie has helped me have amazing energy and stamina while competing for Miss America, where I was 2nd runner up. I've also learned that keeping my body well nourished and balanced helps me to perform better. I highly recommend her book!*

**Casey Preslar,  
Miss Oklahoma 2002**

Nearly 16 million Americans complain of fatigue, yet so often their doctor can't find anything wrong with them. Through her work with more than 6,000 clients, Lorrie Medford gives dozens of tips for gaining energy and improving the quality of your life. Lorrie's newest book is written in a clear, easy-to-understand style and is based on her many years of experience as a Certified Nutritionist and health researcher.

## Let Lorrie Solve Your Energy 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 Grumpy, Dopey and Sleepy?* or any of Lorrie's other books, using any of the following options:  
ISBN 0-9676419-5-0

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