



# Speaking Topics

## **Why Am I So Grumpy, Dopey and Sleepy?: How To Get More Mental and Physical Energy**

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 speech is a clear, easy-to-understand style and is based on her many years of experience as a Certified Nutritionist and health researcher.

## **Why Am I So Wacky?: How To Eliminate the Symptoms of PMS and Menopause Naturally**

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 speech is for you!

## **Why Do I Feel So Lousy?: How To Really Get and Stay Well**

You wouldn't let your car go a year without a tune-up or an oil change, yet most people go their entire lives without a "tune-up" for their bodies. You would never let your car battery run low, yet millions of Americans are fatigued almost to exhaustion. And you certainly wouldn't go for a year without washing your car. When was the last time you cleaned up on the inside? Probably never! It's worth the time it takes to check your own fuel, regenerate your batteries, get a tune-up and assist your body's natural internal cleansing process. Isn't your body worth more than your car? In *Why Do I Feel So Lousy?* Lorrie takes a topic that may seem complicated and makes it understandable, and immediately useful. More importantly, Lorrie speaks from personal experience.

## **Why Can't I Lose Weight?: How To Lose Weight Naturally and Safely**

A speech 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 speech, 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.

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 speech again and again!

## **Why Can't I Stay Motivated?: How To Get and Stay Motivated**

Lorrie's speech will not only tell you why you don't feel motivated, but how to dig up the motivation you already have. More than that, it looks at all of the parts of motivation, including goal setting, time management, changing your self image, nutrition and exercise. *Why Can't I Stay Motivated?* is your step-by-step plan to permanent weight loss or motivation in any area of your life..



LIFE DESIGN  
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### **Why Eat Like Jesus Ate?: How To Get Healthy Following Nutritional Principles in the Bible**

Listen to the prayer requests at church—are they for saving the lost? No, they're for Christians who are sick and tired. But Christians should be the healthiest people in the world because God wrote the first book on health. Today, biochemists and nutritionists are confirming His original truths in their laboratories, continually validating ancient scriptures. People tend to read right over the Bible references to food. Even your pastor probably preaches about everything but nutrition. After all, there is no First and Second Book of Nutrition in the Bible! But we are the temple, or the physical container of the Holy Spirit, and God wants us to know His Word regarding nutrition.

### **Why Can't I Eat Right?: How to Design a Healthy Diet**

Confused about which diet to follow? In this enlightening speech, Lorrie will give you the basics for designing a healthy eating plan that you can live with.

### **Why Am I So Flustered? How To Manage Stress**

In this somewhat humorous speech, Lorrie gives tips for managing stress for a more productive life.