

Do You Feel Lousy?

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?*, You Will Discover:

- Why we really feel lousy
- How toxins affect our health
- Why strong digestion and a healthy liver are vital to health
- Why we really need fruits and vegetables
- How to design your life for health and energy
- Why everyone needs to cleanse

In Why Do I Feel So Lousy? Lorrie Medford has done it, again. Lorrie has shown in all her previous books that she can take topics that are, in themselves, quite complicated and make them understandable, pleasant to read, and immediately useful. More importantly, Lorrie speaks from personal experience. Those days when you just feel "lousy" are not the best for making decisions. Supporting the body's effort to keep itself healthy is not difficult, but it will take some unlearning of wrong concepts. Why should I eat Brussels sprouts? Can I still have a cheeseburger? These and many other questions will be answered as you join Lorrie in her exploration of health.

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

Most people find that as they get older, things start to break down. Perhaps they gain weight or have high cholesterol levels for the first time in their life. Or, they begin to have migraines, digestive problems, insomnia, or aches and pains.

They may feel as though they are aging quicker. Isn't there anything we can do? **Yes!**

You Can Feel Better!



Lorrie Medford, CN, is a licensed, Certified Nutritionist with a thriving practice in Tulsa, OK, called *Life Design Nutrition*. After struggling with her own weight for many years, Lorrie lost more than 35 pounds through following the ideas presented in her books. She's studied nutrition, cooking, health, and fitness for 20 years and is also a certified personal trainer. She's also written *Why Can't I Lose Weight?*, *Why Can't I Lose Weight Cookbook?*, *Why Can't I Stay Motivated?*, *Why Do I Need Whole-Food Supplements?*, *Why Am I So Grumpy, Dopey and Sleepy?* (about energy), and *Why Am I So Wacky?* (about hormones).

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

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