

DO IT & DIET

Finally—A Savory New Way To Lose Weight And Keep It Off For Life

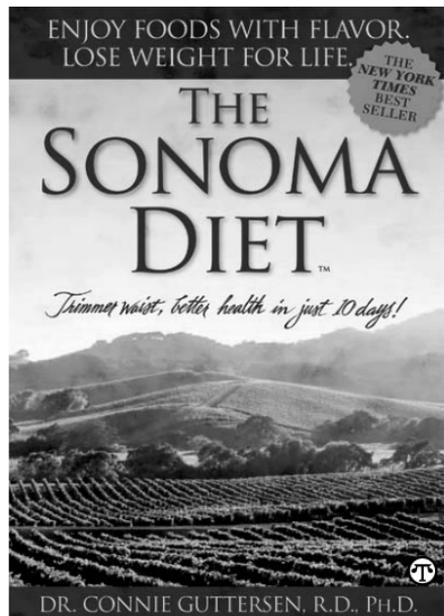
(NAPSA)—A new world take on an old-world way of eating can be better than the many diets that are extreme and difficult or expensive to follow, and gives results in just 10 days. It's "The Sonoma Diet" (Meredith Books, \$24.95) by Dr. Connie Guttersen, R.D., Ph.D.

Ordinary weight loss plans can be uncomfortable or even unhealthy, asking you to cut out certain ingredients, and it can be hard to find out exactly what's in everything you eat—particularly if you want to eat out or at someone else's table.

Now there's a medically proven powerhouse program that has already helped countless dieters lose weight without counting calories or eliminating a single food category. This is the rejuvenating, sun-drenched cuisine you can savor without guilt while staying lean for a lifetime. It turns mealtime into a celebration, not a deprivation.

That's because across the Atlantic a timeless Mediterranean approach has consistently been linked with weight management and excellent overall health. Now the science behind these miracle foods has at last been translated to another sun-drenched locale closer to home: Sonoma County, California. The result is a proven, sane and completely savory way to stay fit for life.

Dr. Guttersen was a weight-loss counselor and nutrition researcher for many years and she is now on the faculty of the renowned Culinary Institute of America. She was inspired to develop a cutting-edge program that would reflect and perfect a celebration of food for people who love to eat and offers flavorful food good enough for guests. A recent study found that increasing carbohydrates with an emphasis on vegetables and fruits and grains, in



A new diet program significantly simplifies weight loss.

fact does not promote weight gain. The Sonoma Diet doesn't call for any diet foods, just satisfying, easy-to-prepare meals that will actually program your body to lose weight. Flavorful recipes the whole family will love are portioned out so you won't overeat. Busy dieters can enjoy express salads even if they're always on the go.

You can enjoy such a carefree experience on The Sonoma Diet because Dr. Guttersen has done all the science for you. Her recommended meals offer a range of delicious "power foods" that deliver maximum disease-fighting nutrients, infused with robust flavors and plenty of variety. Eaten in the correct combinations, these power meals will keep you feeling full while shifting your body's metabolic levels into high gear.

Go to www.sonomadiet.com to learn more and join an online community devoted to sharing their experiences with The Sonoma Diet.