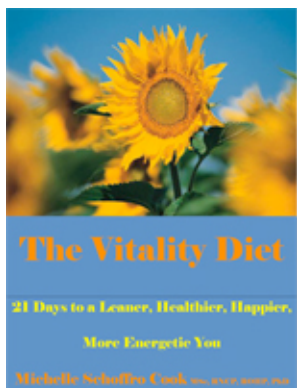




The Vitality Diet

**21 Days to a Leaner, Healthier, Happier,
More Energetic You**

Michelle Schoffro Cook MSc, RNCP, ROHP, PhD



*In the cutting-edge e-book, **The Vitality Diet**, Dr. Cook guides you step-by-step to make dietary changes that support energy, vitality and balanced weight. Dr. Cook shares valuable information you won't find anywhere else, like her proprietary chart of 11 potent phytonutrients that burn fat and where to find them.*

The Vitality Diet

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Introducing The Vitality Diet

The US National Center for Health Statistics indicates that 30 percent of the American population is obese. That's 60 million people. Another 30 percent of Americans are overweight.ⁱ That means that two out of three people are either overweight or obese. And the statistics in Canada, Europe, and Asia are not much different.

Being overweight or obese significantly increases the likelihood of having heart disease or diabetes as well as many other serious health conditions. But losing weight and eating healthier doesn't have to be a battle, nor does it have to mean deprivation.

By making better food choices rich in critical nutrients and phytonutrients, eating more frequently during the day to stabilize your blood sugar levels, supplementing with key nutrients, and exercising regularly, you can lose weight and feel great.

But weight loss isn't the only reason to eat better. The benefits are many: a longer life, more energy, sharper mental abilities, and balanced moods are just a handful of the benefits.

The Vitality Diet Offers Much More

Did you know that there is a nutritional factor missing from almost everyone's diet? No, it's not protein, water, carbs, fats, vitamins or minerals. The missing factor is enzymes. Yet, virtually every system in your body relies on enzymes to function properly. No wonder so many people are exhausted and experiencing disease in record numbers. However, with plentiful amounts of enzymes, the body can repair damage, slow the rate of aging, and even overcome illness.

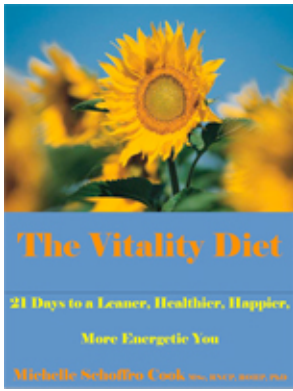
After discovering the healing potential of enzyme-rich foods, I witnessed extraordinary health improvements, in myself and my clients. People dropped excessive weight; overcame colitis, irritable bowel syndrome, arthritis, fibromyalgia, and many other illnesses; and experienced an increase in energy and vitality.

Over the next 21 days, I am going to coach you to transform your diet, health and energy by introducing you to the disease-prevention powers of phytonutrients and the miraculous healing abilities of enzymes. I'll guide you step-by-step through making dietary changes that support energy, vitality, and balanced weight. It doesn't matter whether you already try to eat well or if you're on the high sugar, high fat Standard American Diet.

Don't worry about deprivation or radical changes. I'll gradually walk you through the key steps to transform even the poorest of diets into *The Vitality Diet*. I'll teach you easy ways to reduce your junk food addiction, enjoy healthier versions of your favorite foods, and curb cravings.

The Vitality Diet is not a diet as we've come to refer to "diets." The word "diet" has been bastardized by many weight-loss organizations that have wrongly led us to believe that it is the equivalent of meager portions, rubbery food, and deprivation. *The Vitality Diet* is about a healthy way of eating for life. Also unlike other programs, it is designed to be full of delicious food!

I'm excited to share with you information that I know will change your life ... and boost your vitality! *The Vitality Diet* is your ally in disease prevention, healing, and unlocking the immunity, energy, and vitality that you are destined to experience. I'm honored to take this next step toward greater energy and balanced weight with you!



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