

The Right Bite

"There was an old lady and what do you think,
"She lived upon nothing but vittles and drink."
"Vittles and drink were the whole of her diet -
"And yet that old lady could never keep quiet" - nursery rhyme

Our Stephanie's done it! Her book is out, it looks great, Barnes and Noble are stocking it, ditto Borders. Your ENNL editor has been reading it while snacking, and can give first hand recommendation.

Stephanie Dalvit-McPhillips, Ph.D.



- Salt.
- Smoky rooms.
- Not enough calories.

Outsmart 43 FAT TRIGGERS

These and forty other "triggers" have been scientifically proven to cause overeating and weight gain. Not everyone is susceptible to all of them, and some lucky people are able to skim through life without these insidious triggers having any effect on their weight at all.

But if you've picked up this book, chances are that one or more weight-gain triggers are preventing you from having the body you want. *The Right Bite* offers a proven plan for identifying the triggers that affect you personally, and shows you simple ways to eliminate them from your life so you can lose weight for good.

This program is an antidote to quick-fix diet programs that ravage your body and leave you hungry, tired, and discouraged. *The Right Bite* is about real food, real science, and has a 95% success rate among real people.

Your ENNL Editor's 401 FAT TRIGGERS -- because it's there --for punctuation! (write a bit, pause, think, check what's in the frij, then back to work) --just fed the cat "Sea Captain's Choice," want to keep the cat company --eat to get the smell of "Sea Captain's Choice" out of own sinuses --remember Ron Dougan always said "Eat every meal as if it's your last!" --remember you're a Depression Baby (remaining triggers are found on ENNL website)

"At last, an authoritative, compelling, and comprehensive synthesis of nutritional breakthroughs guaranteed to reduce waistlines, restore health, and undo the damage of past fad dieting."

- R. Craig Dougan, M.D.

The Right Bite helps you break the desperate diet-binge cycle and lose weight for good. Don't wait any longer! Take the trigger quiz and start losing weight today!

"Check out that chapter on seeds, worms, and road-kill!"



Visit my website at www.therightbiteprogram.com

Available in bookstores, from online booksellers, or by calling 1-800-526-2778



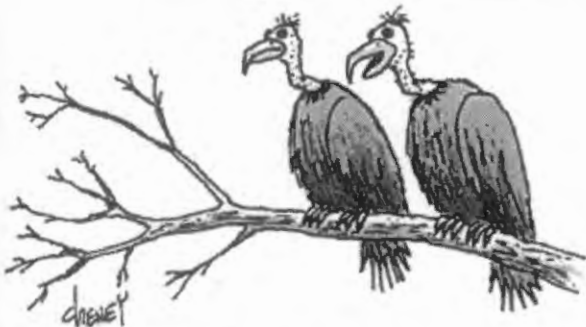
CAN'T FIND PERFECT CARTOON, SO I'LL HAVE TO TELL IT TO YOU

Spfld It was on my office door for ages, but I took it down when I had to move my office, and where is it? A Sunday cartoon of my soulmate, Shoe of the incredibly piled up desk clutter. He's glumly listening to an editor, who is saying, "Your book won't sell! You have to give the public what it wants!" Shoe asks, "What does the public want?" The last picture shows Shoe in a bookseller tree, volumes piled high around him, it's an autographing party, he's still glum, and a big sign gives the title of his book: **THINNER THIGHS FOR YOUR CAT.**

* "Shoe" is actually "Uncle Cosmo."



As I was about to take this issue to the printers, I called Stephanie to be sure my lightness with her book wouldn't offend her. (It won't.) But she reported what September 11 has done to it (and I've purposely not mentioned Sep. 11 in these issues--maybe next issue.) Her publisher had hired a \$20,000 publicity expert to give primarily her book a blitz sendoff--talk shows, tours, direct mailings, etc, they had figured this was the cornerstone of a new line that they are opening. Come the catastrophe, it's all stopped in its tracks, not only her book but many books of many publishers. (Hap Hornbostel confirmed this, this morning. He says people are simply not opening mail--throwing out anything that smacks of the unfamiliar. How glad I am that my book won't be out till next summer!) And talk shows want people talking about the war, reviewers want middle east and war books, nobody wants a book tour. So Steff says **EMPTY NEST** may be the only publicity push the books gets! Dear readers, it really is a sound--and-different--book. All the anorexia and bulimia stuff that Stephanie has had so much success with, and was the trigger cause of the writing, is in the appendices, for her publisher said anorexics and bulimics don't buy books. But they'll hear about it, and her program is successful with obesity and less drastic weight problems. You'll note, too, that she's not **SELLING** anything, except the book with its information: no packaged foods or medicines, etc., like so many diets do.



"It was a good rotting carcass, but it wasn't a great rotting carcass."

Foreword

This is an extraordinary book, written by a remarkable person. It is one of a kind: a book on weight control that conquers every fear, meets every objection, deals with every problem.

The information Dr. McPhillips has assembled here is both complete and scientifically accurate, yet expressed in a language everyone can understand. She has used her keen powers of observation to note every problem that people struggling with weight problems encounter. She has unearthed the causes--those based in the realities of human physiology, those rooted in people's misconceptions, and those embedded in our society's peculiar attitudes and practices surrounding food and weight. She has devised solutions to all the problems, tested them, refined them, and tested them again. In the process, she has brought to bear both enormous empathy and a fierce determination to simply not quit until she had got it right, all of it. She now has it right, and that is a monumental achievement.

The book will teach you what you need to know to conquer your weight problems and gain excellent nutritional health in the process. Its engaging humor will keep you reading long after any other serious book would put you to sleep. Its powerful motivational messages will keep you going when you embark on Dr. McPhillip's program. And then the success of the program itself will make it a permanent way of life for you. It will enhance your life, your health, and your morale.

—Eleanor N. Whitney, Ph.D.,
author of *Understanding Normal and Clinical Nutrition*



"With any entrée, you get unlimited access to the trough."



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