

How a Kalahari Bushman Can Help You Lose Weight

Discover 12 Herbs That Will Let You Say, 'I Finally Lost Weight!'



A Bushman in the Kalahari Desert may need to wait a long time between meals; not so for those of us who venture forth into the 'concrete jungle' every day. Everywhere we look, there is a fast food place, tempting us with easy, empty calories.

It's no wonder, then, seemingly every time we turn on the news, a health segment reminds us that Americans are among the fattest people on Earth.

We are all aware of how unhealthy it is to be overweight, but until now we've received conflicting messages about the best way to shed those excess pounds. And what most of us don't know is that herbs—and perhaps not exercise, diet pills, or fad diets—are the answer!

Susan Smith Jones, PhD, offers scientifically proven advice on The Best Methods of Using Herbs for Weight Loss including:

- An herb used by Kalahari Bushmen to quell hunger pains on long forays
- An Asian herb that fills your stomach instantly, helping keep portions under control
- The tea that burns fat, even while you sleep
- The spice that revs up your body's furnace and burns off calories without exercise
- How to sift through conflicting messages about shedding those excess pounds

What the Media Say about Dr. Susan:

"Dr. Susan Jones ... is a walking, talking, living, breathing embodiment of what she gently preaches."

- KATZ-TV's AM AZ

"Susan Smith Jones will not only light up your life with her enthusiasm and knowledge, she will also light up your phone lines. Of the thousands of people I've interviewed, she is the most popular and the very best. She even fills in for me as host when I'm away; she's that good. You'll want to invite her back often and give her as much time as possible."

- Nick Lawrence, talk show host, WEEU, PA

AVAILABILITY: Los Angeles, CA, nationwide by arrangement and via telephone.

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CREDENTIALS: Susan Smith Jones, PhD, is an internationally renowned motivational speaker, award-winning columnist and consultant who has appeared on countless magazine covers. Dr. Susan has helped thousands of people enhance their physical, mental and spiritual well-being. For 30 years, she taught students, staff and faculty at UCLA how to be healthy and fit. The latest among her 25 popular books includes *THE HEALING POWER OF NATUREFOODS*; *BE HEALTHY~STAY BALANCED*; *HEALTH BLISS*; *RECIPES FOR HEALTH BLISS*; and, just released in book and audio format, *HERBS: NATURE'S MEDICINE CHEST*. She also was selected as one of ten "Healthy American Fitness Leaders" by the Presidents Council on Physical Fitness & Sports, and is the founder and President of Health Unlimited, a Los Angeles-based consulting firm dedicated to using herbal remedies, looking younger, living a holistic lifestyle and creating our best lives. Visit: SusanSmithJones.com

Ask for Dr. Susan's Book: 'Weight Loss - Make it Easy with Herbs'