

















Phuong Dao





Cassandra Thompson



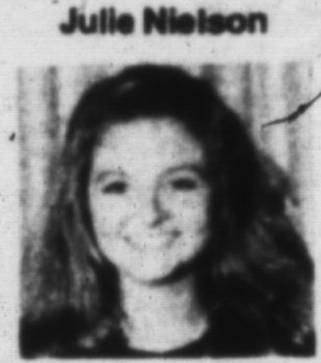


Jessica Crozier



Nick Chronopoulos Mike Lonergan





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## ASK BARBARA



Barbara Janzen, R.N.

Diet Center Counselor

I have a friend who can eat anything she wants and still not gain weight. How come everything I eat immediately turns to fat?

Each of our bodies are different in the way they are affected by various foods. Two factors that influence the final outcome of our food intake are metabolism and sensitivity to certain foods. We can even be affected by the time of day and our attitude at the time we eat the food. It's true that some people can eat with reckless abandon and gain very little, while others seem to gain weight at the thought of food.

At Diet Center we work closely with you to identify those foods that may be a problem for you. We can also help you to understand how exercise can increase your metabolism and how reducing stress can help you to lose your excess weight and keep it off forever. Call today, or come in for a free consultation and let us explain why Diet Center is the last diet you'll ever need.

> Before you send it, seal it ...

with a Christmas Seal!

THE # LUNG ASSOCIATION