



# Nature's Answer to Cancer

Release your inner healing, naturally!



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Cancer and Win!"

## FOR IMMEDIATE RELEASE

### Don't count carbs, count on Dalzell instead!

CHICAGO, January 20, 2004— Whether counting carbs, fat grams, or the number of days until the next nutrition trend finds its way into the media spotlight, consumers should count on Give It To Me Straight! Questions & Answers for No-Nonsense Nutrition (NutriQuest Press, 2004). This concise guide by holistic nutritionist and award-winning author Kim Dalzell, PhD, RD, LD, offers accurate and timely nutrition advice for anyone who is diet-crazed or trying to muddle their way through the health food store maze.

Give It To Me Straight! delivers straightforward advice about popular nutrition topics that matter most to health-conscious consumers today, including food combination diets, natural weight loss, heavy metals in fish and much, much more! Special features—called Best Bites— showcase some of Dalzell's favorite brands of breads, energy bars and other delicious, nutritious treats and offer a refreshing view of "nutrition done right".

"The best news is that Give It To Me Straight! provides readers with enough knowledge that the next time they read about the latest nutritional trend, they will be in a better position to evaluate its true health potential," states Dr. Dalzell.

Kim Dalzell, PhD, RD, LD, is a registered dietitian, professional speaker, nutrition consultant, and award-winning author of Challenge Cancer and Win! Give It To Me Straight! (\$12.95) is available through [amazon.com](http://amazon.com) or [www.naturesanswertocancer.com](http://www.naturesanswertocancer.com).

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