



# SUGGESTED INTERVIEW QUESTIONS

- What are the main factors that have resulted in the obesity epidemic in the modern world?
- How is it that people can eat as much as they want with your program and still lose weight?
- What kind of success have you seen with your dietary recommendations and what scientific support do you have for them?
- You write that Americans are addicted to food and that it is the addictive withdrawal symptoms that drive people to overeat, creating obesity. Could you explain?
- So, how does your Eat To Live method break the cravings to overeat and eat unhealthy processed foods?
- You claim people can lose 20 pounds the first 6-weeks on your program and then 8 to 10 pounds a month after that. Isn't it bad to lose weight that quickly? What is your experience with people gaining the weight back?
- What are the unique features that make Eat To Live different from other diets and what are the main features that account for your successful results?
- How long does it typically take for a patient to be able to get off a prescription drug (or drugs) for diabetes, high blood pressure and high cholesterol?
- Why are the popular high-protein diets dangerous? What are their major risks?
- Do you think Eat To Live and your dietary ideas will change the way people think about food and nutrition in America? Can we defeat this epidemic of obesity?
- How do you address the nay-sayers that say that most people will have a difficult time sticking to a dietary program that seems restrictive?

