

About Melanie R. Jordan

Melanie has always been passionate about health, fitness and food safety topics based in part on her experience with diseases such as diabetes, heart disease and cancer within her own family. She has spent the last 9+ years since she moved from her native New York to California, adopting a healthy lifestyle that gradually led her to eliminate meat and poultry from her diet-the "NMP" (no meat or poultry, yes to fish) eating style she has successfully maintained for over three years.

Melanie began writing "Have Your Cheeseburger And Keep Your Health Too!" while she was keeping her Dad company in the hospital during his open heart surgery. In sharing her healthy "NMP" eating style, Melanie hopes to help others enjoy their favorite foods, while avoiding deadly, diet-related diseases. Inspired by the work of Dr. Andrew M. Weil, The Center For Science In The Public Interest, and Dr. John McDougall, "Have Your Cheeseburger And Keep Your Health Too!" is a Booklocker.com print best seller. It has a solid 5-star customer rating on Amazon.com, including a 5-star review from the respected "Midwest Book Review". It will also be reviewed in the January 2003 issue of the prestigious "ForeWord Magazine".

Feeling fabulous at forty, Melanie writes about, and coaches her clients on, a variety of topics that she covers including health, fitness and food safety, work-at-home lifestyles and e-publishing. She is also the author of "The Perfect Work-At-Home Job: Mystery Shopping", "How-To Finally Make Money As A Mystery Shopper" and "The Quick And Easy Guide To Making Money As A Merchandiser". (In case you were wondering, Melanie did this work herself to bring in some extra money while writing her books--it's a lot better than waiting tables!)

She also publishes a free monthly e-zine for those who favor the "NMP" healthy eating style and healthy living in general called Have Your Cheeseburger And Keep Your Health Too! Update (subscribe by e-mail to healthycoach@aweber.com). Back issues available at her web site Healthy Eating Coach's Corner at <http://www.healthyeatingcoach.com>).

Melanie is a former VP of Marketing for one of the country's largest financial institutions and previously served as Managing Editor for an award-winning, syndicated small business publication called *Business 97* (also known as *Business 93, 94, 95 and 96*) for four years. She is also a regularly-featured contributor of articles to top web sites and e-zines such as "Healthy Living Online", "Fit To Be Tied", "The Dollar Stretcher" and "Baby Talk".