

About Melanie R. Jordan

The 40-year-old Californian and native New Yorker began writing "Have Your Cheeseburger And Keep Your Health Too!" while keeping her Dad company during his open heart surgery hospital stay. In sharing her healthy "NMP" eating style, Melanie hopes to help others enjoy their favorite foods, while avoiding the diabetes, heart disease and cancer experienced by her family.

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".