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The Epidemic of Childhood Obesity

Easy ways to solve out-of-control eating

CALIFORNIA - A recent class action lawsuit against McDonald's has brought the issue of childhood obesity to the foreground. "There's an epidemic," urges Melanie Jordan Health Coach and author of *Have your Cheeseburger and Keep your Health Too!*, "we're raising a nation of fast food junkies. Poor diets combined with a sedentary lifestyle are making our kids fat."

Today, in the US, obesity rates are the highest of any industrialized nation in the world. Obesity is spreading to China and Japan, countries that have adopted the "Big Mac and fries" culture. It's no surprise that we have some of the most overweight people in the world since the US has the highest per capita rate of fast food chains anywhere globally.

The obvious solution to the problem of childhood obesity might be to keep our children from eating hamburgers but Jordan insists that isn't the solution. "Instead," she cites, "make over the foods they're used to. Give them cheeseburgers but plant-based alternatives." Many of the things kids eat now can be made over into healthier versions.

"The trick," says Jordan, "is to help our kids 'unlearn' these behaviors. By showing them alternatives to their fast food favorites we can give them a chance at leading a healthy life free of weight-related health problems and obesity."

*Melanie Jordan is a health coach, author and advocate of using plant-based proteins to turn all of our favorite foods into health foods. Her book *Have Your Cheeseburger and Keep Your Health Too!* shows people how it is possible to eat all their favorite comfort foods and still enjoy the benefits of a healthier lifestyle without a lot of sacrifice. Dr. Lori Hickson, M.D. offers the following comments on Melanie's book: "Her down-to-earth way of showing people how to adopt healthier eating habits with their favorite foods is a winner. I wish I could get more of my patients to adopt this kind of healthy eating style!" You can visit Melanie's web site at www.healthyeatingcoach.com.*