

INTERVIEW QUESTIONS FOR EAT FOR LIFE

- 1.** What is a Nutritarian Diet and what makes it unique?

- 2.** Is your book, Eat For Life, primarily a weight loss book?

- 3.** How does food addictions make people overeat? And how can this vicious cycle be broken?

- 4.** Can you be healthy and overweight if you eat fairly well?

- 5.** What happens at your Eat To Live Retreat in San Diego? Are there other places like this in this country?

- 6.** You are claiming nutrition works better than drugs for most diseases—can you give some examples?

- 7.** What are some of the most exciting disease reversal cases you have seen?

- 8.** Is it really possible to treat cancer by eating a healthy diet? Is there evidence to support this?

- 9.** What makes this different from the diet in the blue zones, or other plant-based diets?

- 10.** How can people contact you or get more information about your work, books and your retreat?