

Informed Touch LLC, and Lori 'Minky' Radcliffe, RN, Your Health-Info-Tainer & Fitness Nurse presents:

"Why Is Everything I Want To Do *BAD* for Me?" ©

This **humorous**, yet informative lecture series on '**not-your-ordinary**' health information will be presented for 4 consecutive weeks. The following things I want to do, but am told that they are bad for me...

• **Week 1:**

Wed. 4/14, 7pm or
Sat. 4/17, 4pm

Never say, "I eat healthy" and I am immediately suspect when you tell me that *you* do
Sit & lie in the sun between 11am & 1pm
Eat eggs, liver, butter and lard and cook with salt (sea)
Eat **deep* fried chicken (without rancid vegetable oils and trans fats)



• **Week 2:**

Wed. 4/21, 7pm
or Sat. 4/24, 4pm

Don't exercise on Mondays & I breathe with my lungs, not my 'belly'
Exercise short; but hard (no 'cardio' or gimmick fitness)
Move before I eat; not eat then move

• **Week 3:**

Wed. 4/28, 7pm
or Sat., 5/1, 4pm

Ignore the food pyramid (diabetes starter kit)
Avoid soy, low fat and fake sugar foods
Only eat 3 meals a day and 1 alcoholic drink daily (usually)

• **Week 4:**

Wed. 5/5, 7pm
or Sat. 5/8, 4pm

Never 'diet'; I 'EDIT' and I add this one food item at every meal
Think for myself. I ignore nutrient claims and think nutrition for survival

(It's a jungle out there!)

Minky's deep fried chicken. The healthy fast food alternative to rancid vegetable oils and trans fats!



Plus! When you sign up for the 4 week series, you'll receive:

- ◆ A **complimentary Strengthen & Stretch class**. Discover these 6 exercises you must do to **keep yourself out of the nursing home** and maintain your independence! You absolutely can and should do these at home! (must be scheduled within 60 days of 4-week series purchase)
- ◆ 7-day sample meal plan from **Minky's Fried Chicken Diet** AND a grocery list of what items to purchase from **Walmart, Target and ALDI**
- ◆ All for **only \$25 a week • \$30 at door • 4 weeks for \$75.00!** • **Space is very limited** • First reserved; first served basis
- ◆ *Taste Minky's yummy, healthy deep fried chicken! **(Week one only! Bring a friend for FREE!)**
- ◆ **Call TODAY!** (732) 531-7300 or (732) 620-2193 for more information and to register! All classes at Informed Touch, 136 Brighton Ave., Deal, NJ
- ◆ **www.InformedTouch.wordpress.com / InformedTouchllc@gmail.com / www.MinkysFriedChickenDiet.com / Minky@HotMinky.com**