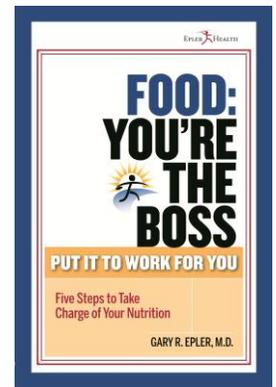


# Food: You're the Boss Put it to Work For You

World-Renowned Harvard Professor  
Dr. Gary Epler Tells You How



Who's the Boss of Your Body?

## AUTHOR EXPERT REVEALS HOW TO MAKE FOOD WORK FOR YOU

So many people feel out of control with their diet and exercise planning. With all the diet fads and trendy power foods presented on a near daily basis, it's easy to become discouraged about the possibility of ever putting a solid health routine in place.

But eating right and keeping healthy, according to Gary R. Epler M.D., doesn't need to be that complicated. With his five proven steps to building nutrition success, Dr. Epler reveals how to make food work for you, not the other way around. Based on a foundational principle of educating yourself about food, from what makes carbohydrates good or bad to what constitutes healthy fats, Dr. Epler offers the framework for building a sustainably positive relationship with food, putting you in charge of your nutrition for good.

"Make what you eat work for you now, next year, and years into the future," says Dr. Epler. "You'll discover the balance you need to look and feel your best. Since you do the balancing, you're choosing the menu and you are in charge." In an informative and eye-opening interview, Dr. Epler, critically-acclaimed author of *You're the Boss: Manage Your Disease* will help audiences put food to work for them by revealing how to eat the right foods in the right amounts and they will take care of you for a long time by having a healthy weight and preventing diabetes, hypertension, and heart disease.

### Story Ideas:

1. What three foods will give you unlimited energy?
2. What two foods are hazardous to your health? Why?
3. What is the number one food that will cause big bellies, and why?
4. What does eating to high-energy level mean – how can it save your life?
5. The secret of never developing four of the top ten diseases in the world.

**Availability:** Massachusetts or nationwide and by telephone or via Skype.  
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**Media Activities:** Numerous Radio and TV shows throughout the United States and Canada including LA Radio, Boston, and Z100 in New York City. Two videos about cancer and exercise on Boston Channel 7 Must See Events.

**Dr. Gary Epler** is an internationally-known pulmonary and critical care professor at Harvard Medical School in Boston. He has written four health books in the critically-acclaimed "You're the Boss" series about people taking charge of their health. He is writing the fifth book about how to have "Level-10 Energy" every day. Dr. Epler is known worldwide as a medical expert. He discovered the treatable lung disorder bronchiolitis obliterans organizing pneumonia (BOOP). He discovered a new lung parasite in South America, chronicled the nutritional needs of North African children, and managed the tuberculosis refugee program in Southeast Asia.