

PRESS RELEASE, Switzerland

“INTUITIVE NUTRITION: HOW TO GET GUARANTEED WEIGHT LOSS” by Dr. Mazourik:

Intuitive Nutrition: How to Get Guaranteed Weight Loss provides a new revolutionary approach to weight loss together with practical advice on *how to naturally lose weight and stay slim for life*.

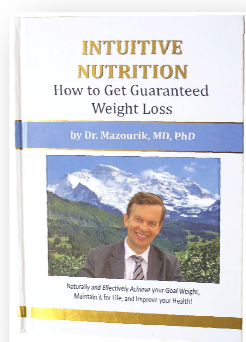
For the first time, the author, Dr. Mazourik, introduces a direct method to **easily change unhealthy eating behaviour** together with the help of specially developed visualisation tools called satiagrams. The book includes a **step-by-step guide** that will **help you master Intuitive Nutrition and training tools**, specialized individual charts, as well as tables on **how to control your hunger**.

Since its publication in January 2010, it has already been made **available in over 14 languages** and has more translations in process. The *Intuitive Nutrition: How to Get Guaranteed Weight Loss* book was first launched in English at **Expo West Show in Anaheim, California from the 12-14th of March**.

The **worldwide launch** of Intuitive Nutrition by Dr. Mazourik to **health professionals, doctors and nutritionists** was held at the Arab Health in Dubai (January 2010) and followed by a public launch 10th Abu Dhabi International Book Fair (March 2010) and was **greeted with an extremely positive response** at both shows.

Dr. Mazourik is a **medical doctor with 25 years of experience**. He has more than **80 scientific works** and **100 patents** in **33 countries** in the field of medicine and also he proved the principles of Intuitive Nutrition through own experience.

Personally, he **lost more than 25kg (55lbs)** using the Intuitive Nutrition concept and has **maintained his reduced weight** for more than 10 years.



Hardback:
145mm x 220mm, 194
pages, offset printing,
89 graphics and pictures,
4 colors,
ISBN: 978-2-9700684-0-2



Soft back:
125mm x175mm, 240 pages,
offset printing, 4 colors
89 pictures and graphics,
ISBN: 978-2-9700684-1-9

As medical **expert in the field of nutrition**, **Dr. Mazourik** has **developed a unique weight loss product on a 100% natural basis** to make mastering Intuitive Nutrition even **easier to adapt to your daily lifestyle**. Intuitive Nutrition is **absolutely natural** and safe for health and has the exceptional **advantage** that the **healthy eating skills** will remain with people for life.

For more information please contact us at: info@sankom.com