

# "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 (scheduled at your location), you'll receive:

- ◆ A **complimentary** at your location, **Strengthen & Stretch class or session**. Discover these 5 exercises you must do to **help build bone** 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!)** \*If facility allows.
- ◆ **Call TODAY! (732) 620-2193 for more information!**
- ◆ **www.RestorativeFNRainbowNutrition.com / Minky@VitaminDDiva.com / www.MinkysFriedChickenDiet.com**