

**Does it feel like you're in fat prison...
with no hope of parole?**

Does simply breathing add inches to your thighs? Do you suffer from food cravings that make even the linoleum look good? Is dieting (and heartless advice from do-gooder friends and family) making you INSANE? If your body fat hangs on for dear life like an unwanted house guest, it's time to SEND THOSE POUNDS PACKING!

Get off the scale and put down that protein shake. It's time to learn the shocking truth about all kinds of hidden enemies—from metabolic dysfunction to hormonal imbalances and emotional baggage—that are making and *keeping* you fat, no matter *what* you do. Find out what the dieting industry, most doctors, and even your trainer don't know. *Fat and Furious* is outrageously funny and breathtakingly honest. Author Loree Taylor Jordan, queen of the "been there, eaten that" approach, is on your side, with the fat-busting answers you need RIGHT NOW.

There's more to your fat than meets the fork!

**Plus... 14 nationally recognized doctors reveal
what *does* keep you fat
no matter *how* much you diet and exercise.**

"*Fat and Furious* dispels the myth that people gain weight only because they eat excessively. Ms. Jordan takes on fat in a big way, addressing many underlying, misdiagnosed imbalances."

—ROBBAN A. SICA, MD
Founder, Center for Healing Arts, PC

"Written from the heart with honesty and humor, *Fat and Furious* explores many reasons—from psychological to nutritional—for continuing weight problems. If you've struggled with fighting the battle of the bulge, you'll find a sympathetic friend in this book."

—MELISSA DIANE SMITH, Nutritionist
Author of *Going Against the Grain* and coauthor of *Syndrome X*



LOREE TAYLOR JORDAN is a holistic health expert, educator, author, and speaker. A reformed dieting maniac, her own struggle for years with sugar addiction, metabolic dysfunction, and the dieting yo-yo syndrome make her a caring and compassionate guide to whatever's standing between you, vibrant good health, and your favorite pair of jeans. She is the award-winning author of *DETOX FOR LIFE*.

MADISON PUBLISHING
\$19.95

Cover Design:
Kathi Dunn, Dunn+Associates

ISBN 0-9679878-9-X
5 1995
9 780967 987897



Fat and Furious
JORDAN

MADISON
PUBLISHING

Fat and
Furious

**Overcome your body's resistance
to weight loss now!**

"FAT AND FURIOUS goes where quick-fix diet books fear to tread—exploring body fat, hormones, and emotional connections with insight, inspiration, and compelling vulnerability. Loree Taylor Jordan shares her personal story with compassion, candor, and outrageous humor, and gives hope to desperate dieters. Every adult or adolescent who can relate to the title must read this book!"

—Richard L. Shames, MD
Karilee H. Shames, PhD RN
Authors of *THYROID POWER:
10 STEPS TO TOTAL HEALTH*
(HarperCollins 2001)

YOUR FAT MAY NOT BE YOUR FAULT



LOREE TAYLOR JORDAN, C.C.H.,I.D.

"Frank, gutsy, and highly informative. You will laugh, cry, and most of all learn so much as you follow the emotional and medical journey through FAT AND FURIOUS."

—Jack Challem
Author of *THE INFLAMMATION SYNDROME* and coauthor of *SYNDROME X*