



*Healthy Living
Made Fun and Easy!*

Dr. Ann Endorsements

"In 'Dr. Ann's 10 Step Diet - A Wellness Expert's Simple, No Nonsense Plan for Permanent Weight Loss and Lifelong Vitality,' Dr. Ann Kulze provides a generous serving of sensible, genuinely useful nutrition guidance. The book's emphasis on health rather than just rapid weight loss, and on family rather than just the individual are especially commendable. With a voice at once strong, kind, and encouraging, Dr. Kulze leads her readers through 10 simple dietary and lifestyle changes with great potential to produce lasting weight control, while preventing disease and promoting overall wellness. That is an excellent return on the time you invest reading this exceptional book."

-David L. Katz, MD, MPH, FACPM, FACP
Yale University School of Medicine
Author, 'The Way to Eat,' Sourcebooks, 2002

"The 10 Step plan outlined by Dr. Ann Kulze in her new book is a sound approach to healthy living, and consistent with the personalized health planning I advocate for all Americans."

-R. Sanders Williams, M.D., Dean School of Medicine, Vice Chancellor for
Academic Affairs, Duke Medical Center

"*Dr. Ann's 10-Step Diet* is a realistic plan that makes the transition to a healthy, energetic lifestyle *fun*. Every day I see patients who struggle with most of the issues raised in this book, and I look forward to sharing this plan with them. It's a powerful combination of rational science and pragmatic simplicity."

-Ethan J. Weiss, M.D., Assistant Professor of Medicine, University of California,
San Francisco

“I have read many diet books, but this is one of the best. It not only outlines an effective weight loss plan, but also teaches readers how to modify the diet to improve overall health with disease-specific prevention information. It is a pleasure and a privilege to recommend this book to both physicians and laymen.”

--Peter C. Gazes, M.D., Distinguished Clinical University Professor of
Cardiology, Medical University of South Carolina

“Ann Kulze has written an exceptional book...a book that provides commonsense advice on how to eat well for a lifetime. Her vision for better nutritional health is especially refreshing when compared to the dozens of quick fixes that are being promoted today. The Ten Step Diet is a winner!”

--David Hunnicutt, Ph.D., President of The Wellness Councils of America