

**Sample Media Questions for
Janice Stanger, Ph.D.**

Weight Loss

What diet has consistently been found to promote a healthy, trim weight?

What diet has consistently been found to be ineffective for permanent weight loss?

Why do people find permanent weight loss so difficult?

How can people get all the nutrients they need and still lose weight?

Are there specific “super foods” that promote weight loss?

Can people lose weight without being hungry?

What makes the Perfect Formula Diet the easiest diet for people to follow?

Health

What diet has consistently been found to promote true health, with prevention and even reversal of chronic illness?

Why do people with common chronic illnesses so often have more than one diagnosis?

Why does an ordinary diet promote chronic illness?

Why does an ordinary diet promote cancer?

Why isn't fish “health food”?

Are drugs and lots of calcium really the best way to develop strong bones?

What factors underlie chronic illness?

Why don't people in less developed countries develop chronic illness?

The Environment

How do toxic chemicals in our everyday lives tie into weight loss?

How can people live in a cleaner, safer environment?

What's the most immediate, effective way an individual can slow climate destabilization?

Why do you use the phrase "climate destabilization" instead of global warming?

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