

# WHY WE WROTE THIS BOOK

We wrote this book because it was obvious the demands on Gloria's time and energy exceeded her ability to meet them. Her presentations filled up, follow-up question periods took as long to deal with as the presentations themselves, her e-mail box was usually glutted, and requests for personal consultations were over the top. It appeared the appetite for good nutrition was growing rapidly. All of us knew a book had to emerge and she had to cocoon herself to get it written.

In spite of the large chorus of diverse voices insisting she write a book, none of us, individually or collectively, could convince her to do that—she was too busy working directly with the people who needed information, education, and consultation.

But if the writing was not yet in a book, it was certainly on the wall. Like so many others who had become repeat ticket-holders to her events, my wife, Carole, and I couldn't keep up with her. Frankly, it was becoming clear from all the new information Gloria kept offering that there would come a time when she couldn't keep up with her own intentions. She wants to educate her audiences about optimal nutrition; more than that, she is determined to become an advocate for those who need information and guidance that seems inaccessible and overwhelming to them.

I couldn't sit in my seat listening to her any longer (while wildly writing down notes I couldn't understand the next day). "Gloria," I pleaded, "let's write your book together." With hardly a blink, she said she'd love to do that. Why hadn't I asked earlier?

So here it is—not a fast read or a little book to give you a quick fix. Sorry about that: You'll have to journey through the material just as we did in spite of our efforts to make things simple. Some things are just not simple.

Our assumption about you is that you are motivated to take charge of your own nutrition and health, so we've written a book we want you to read carefully, not quickly. And we'd like you to share what you learn—that's all we're doing, really.

So read a couple of chapters. Put the book down, reflect on your eating habits and life style, take a critical gander through your fridge and your cupboards, embark on a shopping trip for groceries—but this time read a few labels. Ask yourself questions. Figure out what you know and don't know about good food and good supplements. Then return to the book—it will have answers for many of your questions or get you ready to answer them yourself.

And here's the surprise—while we provide you with the answers we discovered to many secrets about food supplements, our goal was to have you leave our book not with a just a few answers, but with a list of penetrating questions to take to your supplement providers. We think getting these questions in your hands will reveal more secrets than the biggest book in the world could manage.

We have used these questions ourselves to ensure we and our families have the best supplements possible. We are confident, therefore, that the questions we offer will help you find what you are looking for, especially if you have some understanding of the science behind them.

They come at the very end of the book, in Chapter 13, but don't you dare peek. They work best if you first have an understanding of the science behind them—the content of the first twelve chapters.

And now I can't wait to attend another of Gloria's presentations. Having helped her write her book, I think I'm ready to appreciate more than ever the combination of knowledge and wisdom she brings to all she does.

Jerre Paquette, PhD.