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## **Does God Care What We Eat?**

New book offers a fresh perspective on the growing interest in plant-based nutrition – and why Christians should be paying more attention

(WILMINGTON, IL, May 2019) —Despite all the diet plans available and the trillions of dollars spent annually on health care, the U.S. ranks as the heaviest (and one of the sickest) nations on the planet. In her new book, *The “Plan A” Diet: Combining Whole Food, Plant-Based Nutrition with the Timeless Wisdom of Scripture*, Nutrition Educator and Author Cyd Notter says the answer to our increasing weight and health struggles is a simple, achievable plan that’s within our control—the three to five pounds of food we ingest each day.

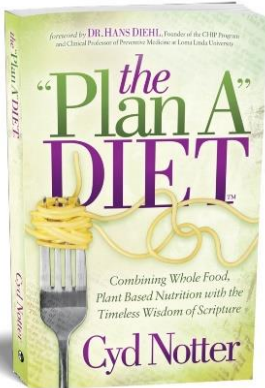
“Poor food choices are the major factor in up to 90% of our ailments, and are a much greater determinant of our health outcomes than our genetics,” says Notter, whose book offers a rather unique blend of both scientific research and biblical principles. “We have far more control over our health than we ever thought possible thanks to the power of plant-based nutrition, which can prevent, halt, or completely reverse our top leading killers—including our #1 killer, heart disease.” That alone, according to Notter, should be worthy of our attention.

The public is catching on to the benefits of a plant-based nutrition program. Awareness has grown rapidly in recent years, with the number of Americans who follow a vegan, vegetarian, or vegetarian-inclined diet now totaling over 31 million people—34% of whom identify as Christians. Notter strives to increase that awareness among the Christian community by demonstrating how today’s dietary research correlates with the teachings of scripture.

“Because health is a great equalizer, this book will help anyone—regardless of their spiritual beliefs,” she explains. “But believers have a deeper responsibility because scripture compels us to be good managers of our bodies and take ownership of our behaviors. Sadly, today’s Christians fare no better than the general population when it comes to suffering from obesity and diet-related illnesses, both of which hinder our ability to function and limit the abundant life God desires for us. This book was written to hopefully change that.”

The book also provides advice to church leadership on how to cultivate health-promoting atmospheres within their congregations. “Churches have the power to be an instrument of change in society’s ever-growing obesity and health crisis,” says Notter, “which would not only serve to bless their congregants, but could be a valuable resource to their local communities as well.”

Motivations for the book stem not only from Notter’s desire to help those suffering with weight and health issues, but to educate those who are confused by the widespread availability of conflicting nutritional information. “One day coffee is good, the next day it’s bad. Grains are healthy versus grains should be avoided. Carbs are necessary versus carbs are evil. It’s easy to see why the public is confused,” she states, “so I’ve included seven pointers to help people evaluate everything they hear and read.”



“As a cardiologist specializing in disease reversal, I plan on having my patients use this tool to improve health through better nutrition.”

—James L. Marcum, MD, FACC, ACLM, Chattanooga Heart Institute, Director of Heartwise Ministries

“This plan will give you the principles of how to eat and cook, and a 7-day meal plan to jumpstart the therapeutic impact which will clearly outstrip the costly efforts of pills and procedures.”

—Hans Diehl, DrHSc, MPH, FACN, Clinical Professor of Preventive Medicine, Loma Linda University, Founder of the CHIP Program

Notter assures her readers that a plant-based diet is not about eating twigs, tree bark, or rabbit foods; nor is it ever too late to benefit from dietary change. By switching to a diet which features plant-based versions of sloppy joes, burritos, lasagna, and burgers, she asserts that people will enjoy the optimal benefits that result from living in harmony with their design.

The “Plan A” Diet is available at [Amazon](https://www.amazon.com), [Barnes & Noble](https://www.barnesandnoble.com), or wherever books are sold. Signed copies are available at [www.cydnotter.com](http://www.cydnotter.com). (Release Date October 1, 2019; Morgan James Publishing, New York, ISBN: 978-1642793703)

*Cyd Notter is a graduate of the Center for Nutrition Studies and a certified instructor for several dietary therapy courses. She offers a variety of classes, both locally and online, and has worked with school district and fitness center employees. Her column titled “The Nutrition Coach” ran in local newspapers for seven years, and several of her articles have been published in a Florida on-line magazine. Cyd and her husband live in Illinois, where they enjoy outdoor activities, classic movies, and old Volkswagens.*



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