



Welcome to www.diatrofologos.com, your path to health, happiness and success.

I wish to extend a hearty and warm welcome to you.

In our everlasting endeavor to be healthy, fit, and energetic, have the perfect body and live a long and disease-free life, we try various diets persistently. We attempt strict diets, fad diets, quick-fix diets and weight loss products. But if those diets or products truly hold the secrets to the perfect body and immaculate health, *why do we keep trying new ones?* Why aren't there any true winners? The answer is simple: because those diets are not panacea. They may take away the overeating and the bad habits for a while but they leave the cause untouched!

I created www.diatrofologos.com to touch the cause and eliminate it. It's never too late to become what you might have been because we are born with the power to alter anything and everything in our lives. We have a cornucopia of alternatives and choices.

Personalized lifestyle and nutrition coaching is not about teaching the caterpillar to fly. It's about creating an opening for it to see the opportunity.

You will be given the skills that will encourage and motivate you to make better choices in "your" daily life, cultivate wellness and well-being and provide you with unconditional support. After all, diet, which comes from the Greek word "diaita", means "manner of living", thus it's not only how we do the things we do but most importantly it's how we think.

The idea of starting a web-based nutrition site was based on the fact that even though we are all interested in our health, our busy lives do not allow us the time to visit a professional in the field of nutrition every time we have a question or need someone to motivate us. www.diatrofologos.com gives the solution, in that it's accessible to you at the convenience of your home or office.

I invite you therefore to explore my interactive, value-packed website, contact me for your personalized services and achieve your everlasting goals.
Here's to your lasting good health,

Maria Byron Panayidou

Thank you.

Per your request, you will be receiving "WAY OF LIFE" a monthly newsletter which is filled with educational, motivational and self-improvement articles, which will help you stay on the path toward achieving YOUR goals.

"When the student is ready. . . the teacher appears."

Gene Oliver

www.diatrofologos.com, apart from the information found in the "information journey" section, provides personalized services which include: lifestyle coaching, nutrition counseling, nutritional health assessment, body transformation seminars, workshops, courses and lectures

These personalized services are ideal for:

- Executives and Corporations seeking to improve their personal and their employee health, fitness and work performance.
- Healthcare providers seeking to complement their services with a balanced nutrition plan
- Media-exposed personalities seeking to improve their stamina, health and appearance
- Busy people who are seeking to improve their lifestyle and health but do not have the time to visit a professional's office
- *Consumers who are seeking to learn how and what to buy from grocery stores*
- *People who are suffering from a medical condition and are seeking to find valid nutrition education in the plethora of confusion*
- *Parents who are seeking methods to help their children improve their nutritional habits*
- *Culinary professionals who are seeking to add nutrient value to their recipes and cooking methods*
- *Individuals who need extra motivation and self-confidence tools*
- *All others who are interested in improving their lifestyle and nutrition habits*
- *Everybody who is seeking health, happiness, and success*

Five steps to wholeness

1. *Accept responsibility for your life*
2. *Know your basics*
3. *Complete the past*
4. *Plan for the future*
5. *Live in the present*

Fad diets: do you know how many there are??

In our attempt to lose weight fast we get hooked on the advertising campaigns portraying fad diets. But have you ever considered how many there are? Here's a short

list of the most popular fad diets.

- *Cabbage soup diet*
- *South beach diet*
- *Atkins diet*
- *Scarsdale diet plan*
- *The 3-day diet*
- *7-day all you can eat diet*
- *One good meal diet*
- *Metabolism diet*
- *Russian Air Force diet*
- *Slim Fast Jump start diet*
- *Grapefruit diet*
- *Cavemen diet*
- *Hollywood/celebrity diet*
- *Mayo Clinic diet*
- *Blood type diet*
- *Hay diet*
- *Pritikin diet*
- *Scan diet*
- *The Zone perfect diet*
- *Chocolate diet*
- *Protein power diet*
- *Food combining diet*
- *Negative calorie diet*

*Which one should you trust? **NONE.***

In the next issue we will go into a detailed explanation of all these fad diets.

So, stay tuned!

"The higher your energy level, the more efficient your body will be. The more efficient your body, the better you feel and the more you will use your talent to produce outstanding results." Anthony Robbins

Should you have any specific questions or concerns, feel free to contact us at youcandoit@diatrofologos.com and we will address them in future newsletters.

Created by www.diatrofologos.com Please forward this newsletter to anyone you feel might need the extra help!

To unsubscribe please send e-mail to: unsubscribe@diatrofologos.com