


# The Minky Way<sup>®</sup>:



Pleasure *IS* Good.

How 2 nurses, through the pleasure of eating and moving and using the nursing process, will help you find your middle again. Save  grocery shopping at Walmart<sup>®</sup> & ALDI<sup>®</sup>!



Prediabetes?

For 11 days... 'EDIT' your diet and your perspective! How much inflammatory processed corn & soy do you & your kids eat?

"Why does my body want to be FAT?"

2 Fed-up Nurses break it down for you, like only a nurse can... We were experts on crap eating, lack of sleep, stressful living and how to stay fat. With wit, empathy & of course holistically, we help you lose weight on your PRIMAL brain's terms. We add certain foods and let you know what your body needs, to believe it's safe, and then it can become thinner. Oh, "It's only going to be a little uncomfortable".

Living The Minky Way is eating & moving in a way that doesn't stress you out & and that you can live with forever. **FORGET THE MARKETING!** Just because it's on the package doesn't mean your body will do anything with it! Especially if you're living in day-to-day, low-level survival stress response like most Americans are. Let's focus on whole, real food... We will use the Nursing Process to guide you. What's that? 5 phases of the Nursing Process that consist of:

1. Assessment (of pre-diabetic women who are losing their middle due to stress)
2. Diagnosis (Altered Nutritional Status, Anxiety, Knowledge Deficit, G.I. Alteration, Individual Coping Impairment, & Endocrine Alteration {examples})
3. Planning (of your feelings about daily eating, movement & breathing)
4. Implementation (11 days of a 'cease fire' with food, stopping the snacking & the 'good' & 'bad' days and stop chronic survival stress response of your body)
5. Evaluation (the success/relief of knowing you're going to be o.k. as you get slim)



I'm Minky. An R.N., Certified Food Psychology Coach and Body Works Practitioner. I assist pre-diabetic women on how to find the pleasure in their eating & moving and to learn about how **their** body works, for long-term successful weight loss. As a Health-Info-tainer, I perform one-woman stand-up comedy shows that focus on the ironies and sometimes ridiculous thoughts & theories on all types of weight loss, health, & fitness. My two most popular shows are, "**Why Is Everything I Want To Do BAD For Me?**" and "**Stressed Out & Loving It!**" Lori 'Minky' Radcliffe lives at the Jersey Shore in Wanamassa, N.J.



I'm Tracy. Also an R.N., school nurse, wife & **M**other **E**xtraordinaire of 4. I have struggled with my weight all my life. I have already lost 30 lbs. by eating real foods, **not** exercising like a nut and I feel better than I have in years. (Real life experience) Tracy Tucker lives in Hammond, IN with her family.

Also included:

How to incorporate Minky's DAILY vitamin regimen of Vitamins A<sup>3</sup>, S<sup>2</sup>, T, R, O<sup>3</sup>, P to lose weight naturally:

[www.TheMinkyWay.com](http://www.TheMinkyWay.com) for more information, shows, and coaching

By Lori 'Minky' Radcliffe, RN, CFPC, BWP and Tracy Tucker, RN, ME