

SUGGESTED INTERVIEW QUESTIONS

WARRIOR MOM THE VIRGIN DIET • SUGAR IMPACT DIET

WARRIOR MOM: 7 Secrets to Bold, Brave Resilience

- What inspired you to write *Warrior Mom*?
- Who is a Warrior Mom?
- How do you develop a positive resilient mindset?
- Why is it so important to focus on mindset?
- How does mindset tie into health?
- What would you say to people who feel like they could never do what you did, who feel like they don't have what it takes to get through a major crisis in their lives?
- What is the most surprising lesson from the book?
- So how do people start? What can they do to start changing their mindset today?

THE VIRGIN DIET: Drop 7 Foods, Lose 7 Pounds, Just 7 Days *Why Food Intolerance is the real cause of weight gain*

- What is food intolerance?
- How common is it? Why is this?
- How do you know if you have food intolerance?
- What are the usual suspects?
- Can you fix it?
- Walk me through The Virgin Diet - how does it work?
- Who should consider going on this diet?
- Share a success story with us?

General Health Questions:

- Snacking Yes or No?
- How about fruit - can I eat as much as I want?
- I am so confused - low-fat, high-fat, low-carb, vegan, paleo - how do I know what is best for me?
- I've always heard everything in moderation - what are your thoughts on this?
- What do you mean by your phrase "your body isn't a bank account, its a chemistry lab"?
- You talk about weight loss resistance - what is this?
- How does poor sleep impact your health?
- What does stress do to your health? What can do about it if you can't get rid of the source of stress?
- What about exercise - how important is it to fat loss?
- What is the best type of exercise?
- I'm on a budget - how can I eat healthy?
- I travel all of the time - how can I stay healthy?

SUGAR IMPACT DIET: Drop 7 Hidden Sugars, Lose Up to 10 pounds, In Just 2 Weeks

- What is wrong with the glycemic index? How has it failed us?
- Why shouldn't we snack?
- Where do sugars hide the most?
- What are signs of high Sugar Impact?
- What is sugar doing to our health?
- Why is fructose worse than glucose? Isn't it just natural fruit sugar?
- What's so bad about artificial sweeteners?
- How do I know how much sugar I can eat?
- What about natural sugars, can I use honey or agave?
- What are some safe sugar substitutes?
- I have had a sweet tooth my whole life – how do I get over the cravings?
- What can I do if a craving hits?
- Every time I try to cut out sugar, my energy crashes! What can I do?
- What is a sugar burner and how do I know if I am one?
- How do I become a "fat burner"?
- Walk me through the Sugar Impact Diet? How does it work and how is it different from other programs?
- You say that all sugar is not created equal, what do you mean by that?
- What are some of the benefits of the program and how quickly can you see changes?
- What causes you to crave sweet or have a sweet tooth?
- What role does stress play in sugar addiction?
- You say that sugar is a drug – what do you mean?
- Can you really get rid of a sweet tooth?
- Share a success story with me