



12 Changes A Year: the recipe book to the Number Crunch Diet - begin today and forever be in control of the numbers you're eating (Volume 2)

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The problem with watching a cooking video is, it's too passive. And how many of us actually pick up a pen and paper and take down notes. Or if we do, then when we refer back to those notes, we can't "Get A Visual" of it, exactly.

So we buy the DVD. But when the DVD arrives, we're busy, so we put it on the table with the other DVDs that we bought, next to the books-to-be-read stack of books.

This was totally me at one time. Unless you're retired, you'll look back at that stack of DVDs ten years from now and say, "I can't believe ten years has gone by since I bought that cooking DVD."

For this reason, reading a book recipe is just better. You get more "into it", i.e., you begin to picture yourself doing it. As you read the words, your mind takes over and starts doing it in your head. You're halfway there already. Now, just follow through, and Boom! You just added a new recipe to your repertoire.

Keep at it, and after a year, you'll be eating 75% of your food from homemade meals you prepare yourself, instead of from fastfood, cafeterias, restaurants, and minimarts.

The Number Crunch Diet says: *You have to make your own meals, (with the recipes to assist you), if you want to take control of your weight by taking control of the numbers.*

Book reading has not gone out of fashion. In fact, many people need to balance out their video watching with some book reading.

Jumper Publications and Media - strategies for the Selfcare Individual

ABC Water and the Number Crunch Diet - the untold secret to health and energy

Nontoxic Teeth Whitening - chemical-free dental hygiene (and personal sanitizer)

JPM Oral Hygiene Protocol - the secret weapon to clean gum lines

Flaxseed Shake Recipe - the NCD method for getting this essential dietary fat

Vision Is Possible - improve your vision, and your face!

The 5 Points of Posture - become "celebrity-like" and the "whole package"

12 Changes A Year, Vol. 1, 2, & 3 - build a NCD Recipe Repertoire


When you take control of the numbers, you take control of your weight, life, and future.

Jumper Publications and Media - *Light Years Beyond The "Diet and Exercise" Advice*

The NCD - A numbers-based plan you can work in any direction you want to go, fat loss, size gain, or weight maintenance.

TCY "Reality-Show Recipes" for the person who wants real-life cooking.

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