

Combating the obesity epidemic

Former Herald columnist writes book about eating healthy

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After Layne Lieberman, a former *Nassau Herald* columnist and registered dietician, discovered that Italy, France and Switzerland had the world's lowest rates of heart disease, obesity and diabetes, yet some of the most indulgent foods, she jetted off to learn their health secrets.

"I quickly realized that these countries would be excellent role models for us all, including our children and grandchildren, thanks to their superior diets and lifestyles," Lieberman said.

On Nov. 15, Lieberman's first book, "Beyond the Mediterranean Diet: European Secrets of the Super-Healthy," will be released. "If you love to eat and like to drink and still want to be slender and live a long, healthy life, than you will want to read this book," Lieberman said.

From 1986 to 1991, the Lawrence High School alum operated Nutrition Learnings Center in Cedarhurst, a health food store that offered cooking classes and diet and nutrition programs, while also writing the "You Are What You Eat" column from 1988 to 1990 in the *Nassau Herald*. Lieberman then joined King Kullen Grocery Co. in 1991 to develop and oversee nutrition awareness programs.

Combating the worldwide obesity epidemic is Lieberman's priority as her book features tips and nutritious



Courtesy Layne Lieberman

FORMER NASSAU HERALD COLUMNIST Layne Lieberman reveals how to enjoy high quality food without sacrificing your health in her new book, "Beyond the Mediterranean Diet: European Secrets of the Super-Healthy."

recipes. "I have always loved food; food was my life," Lieberman said. "But my world came crashing down

around me when I was diagnosed with dangerously high cholesterol at the age of nine. I learned that it could be controlled through changes in my diet, so I had to say goodbye to my favorite breakfasts of overstuffed omelets, pancakes with bacon and cream cheese-slathered bagels. As I found answers to my own diet questions, I felt a powerful calling to help others struggling with their personal food dilemmas."

Lieberman approached Claire Gerus, a former editor at Rodale Books, a U.S. health book publishing company, to work on the editorial aspects of the book. "I was very interested in helping her write a book focused on nutrition and I support her desire to help readers enjoy better quality food, while improving their health and losing weight at the same time," Gerus said. "The obesity epidemic is a serious threat to America's health and Layne offers a solution that allows us to eat delicious food without becoming vulnerable to diabetes, food allergies and obesity."

Michael Liebelson, Lieberman's husband, said they have always shared a passion for good food and he felt writing a book was the perfect way for her to reach a wider audience to promote eating well. "Maintaining good health can be accomplished by eating well; minimally processed foods, organic or local ingredients, portion control and a new respect for food," Liebelson said. "I hope she continues her efforts to educate the American public regarding healthy food and healthy eating and possibly investigates other cultures around the world to discover more secrets of the super-healthy."

For more information, visit www.worldrd.com/beyond-mediterranean-diet. "Beyond the Mediterranean Diet: European Secrets of the Super-Healthy," is available for pre-sale on Amazon.com and will be on bookshelves by the end of November.