

Water with Lemon

By Zonya Foco, RD and Stephen Moss

An inspiring story of
diet-free, guilt-free weight loss

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Health novel *Water with Lemon* delivers key to diet-free, guilt-free weight loss
New literary genre offers nutrition facts through fictional characters and inspires as it entertains

Zonya Foco's new health novel, *Water with Lemon*, combines the best things you've never had: a weight-loss book without the diet and a nutritional primer without the mathematical formulas. It is emotional reading about emotional eating; a romance in which the heroine falls in love with herself. The result of a dynamic partnership between registered dietitian, TV show host and professional speaker Zonya and novelist Stephen Moss, *Water with Lemon* is a new genre of fiction that unfolds to reveal a compelling story of diet-free, guilt-free weight loss.

Protagonist Fowler, whose self-styled eating habits have allowed him to maintain a 150-pound weight loss, inspires neighbor Karen to discover how simple choices can shape the life she has, into the life she wants. Karen is a 21st-century "everywoman" – the suburban mom who carries her post-baby pounds to her sedentary job, eats from the fast-food lane and berates herself for not having the willpower to change the pattern. It's a pattern Fowler knows well, and he shares the wisdom of his experience without passing judgment. Through their friendship Karen learns that small, simple changes – Fowler's "Power of One Good Habit" philosophy – are the beginning of permanent weight loss and life-long health.

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“The Power of One Good Habit isn’t a diet,” Fowler explains to a wary Karen. *“Its primary goal isn’t even to lose weight, although you will lose all the weight you need to. What the eight habits really do is return control of your health to where it belongs – in your hands.”*

Learning from Fowler and living through Karen, readers will walk away with the knowledge and inspiration to conquer their own weight struggles through a sustainable, common-sense approach that actually works – something no previous book has ever delivered.

The book’s characters deftly impart Zonya’s nutrition fact through Stephen’s well-crafted fiction. It’s a story that keeps readers turning page after page to follow Karen on her journey of self-discovery.

“Readers love *Water with Lemon* because they know Karen; many of them *are* Karen,” Zonya says. “Anyone who’s ever been a victim of yo-yo dieting, anyone who has given up entire food groups for a quick-fix, short-lived weight loss will immediately relate to this heroine and her struggle.”

Zonya counts herself among them. She struggled with her own weight as a teenager, an experience that motivated her to become a dietitian. But the book knowledge she gained in college wasn’t enough, on its own, to change her eating patterns.

“I graduated from college at my highest weight ever,” Zonya admits. “That’s when I realized there’s a difference between knowledge and action. My goal since then has been to help people, myself included, move from knowing to doing.”

Water with Lemon illustrates that transition through a distinctly character-driven plot that seamlessly delivers its nutritional principles, making it a great read *and* a valuable tool.

“Readers celebrate Karen’s success, and come away with an action plan to create that success for themselves,” Zonya said. “It’s a powerful combination.”

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Water with Lemon is Zonya's latest endeavor to help people everywhere regain control of their health and win the war against obesity, diabetes, cancer and heart disease. It is the first health novel in the "Power of One Good Habit" series. Her company, Zonya Health International (ZHI), was founded in 1994 and with its sponsors, Eden Foods and Natural Ovens Bakery, produces "Zonya's Health Bites," currently airing on public television nationwide. Zonya's popular cookbook *Lickety-Split Meals for Health Conscious People on the Go!* and other books and DVDs promoting her keys to good nutrition and healthy living are available in bookstores around the country and on the Web site, www.Zonya.com.

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