

Brigitte Malaaya Britton's Ebook Fights Obesity and Health Crisis One Step at a Time

"The MEGA Way" may just be the beginning of your new and balanced way of life. As it gives many choices and examples for you to decide where you need and desire to be in this very moment or not!

April 24, 2009 - [PRLog](#) -- Santa Fe, New Mexico – "America is in serious health crisis obesity and heart disease, are soaring and health is declining rapidly. It is clear that poor nutrition and lack of exercise may be a major cause of preventable deaths in America and getting worse by the minute", claims Brigitte Malaaya Britton, HN- Holistic Nutritionist, Gourmet Chef, author and creator of "The Mega Way Holistic Nutritional Program", book trilogy and "Pre-Prepared Organic Meal Replacements".

Because Brigitte believes that by educating ourselves on healthful eating, exercising, and self-empowering thoughts we are hold the keys to stemming the obesity and health crisis. Doing her part, Brigitte offers help with

"Because we are what you eat, a healthy, PH-balanced, low-saturated fat, low-cholesterol, high-fiber, high-organic, lean-protein, nutritional lifestyle is essential for living a long, vibrant quality of life," adds Brigitte.

Her latest eBook, "The Mega Way Comprehensive Holistic Guide", is now available on her website at www.TheMegaWay.com/

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