

## Houston, we do have a problem!

The residents of Houston just won a dubious distinction that hits them right at their waistlines. For the second year in a row, Houston ranks No. 1 as the fattest city in the USA, according to results released last month in *Men's Fitness* magazine.

But we, Houstonians, are not the only ones getting bigger and fatter. According to the Federal Centers for Disease Control, 56.4 percent of American adults are overweight, and the number jumps to 65.5 percent for males only. Being overweight is becoming epidemic in the US despite the fact that there are more “miracle” products and diet products on the shelves than ever before. **When diet pills, diet food and diet regimes don't work and when exercising is not the answer either, what's left? Are we doomed to become fatter and fatter?**

“Being overweight is not just about what you eat. The stomach is your emotional center and today's modern psychology recognizes that and now calls it the “little brain”. So when diet does not work, learning to get in touch and deal with your emotions and fulfilling your needs is the answer to getting back in great shape. **And it's much simpler to achieve than we generally think!**” Says Petrene Soames.

- What is being overweight really about?
- Why does it always start from the stomach?
- What simple things can I easily do to get back in shape?
- What about the *Myth of good and bad food*?
- Should I skip the Chocolates on Valentine's Day?
- What are Petrene's 10 top tips to get back into great health and great shape?

**Give your listeners the answers they deserve. Inform and entertain!** Petrene Soames has been featured on 100's on Radios Stations, including all Major radio Networks and **was recently featured on The Howard Stern Show, The Victoria Jones Show, The Ruth and Ed Shaw Show, and The Joan Rivers Show.**

Petrene Soames is recognized around the world as a leader in the self-healing movement. She is originally from England and now a resident of the Woodlands – TX since 1995. As the author of *The Essence of Self-Healing* and an authority on healing and self-awareness, Petrene Soames has published numerous well-received articles on alternative and holistic health topics in national and international press. For over 20 years, she has worked successfully as a therapist, intuitive healer, consultant, and educator. She directs her efforts at reaching not only practitioners but also the general public, fostering simplicity and a greater understanding of the intricate connection between one's thoughts, beliefs and one's health. **Getting back to simplicity is her key message!**

Go to <http://timeismine.com> for more information or  
Call Janie Jones at **281-363-9983** to schedule an interview today.