

# HEALTH & WELLNESS

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## 'Double-Energy Twins' Latest Book Helps People Drop Pounds, Increase Energy

For those feeling listless and sluggish with no energy, the Zucker twins may have a solution.

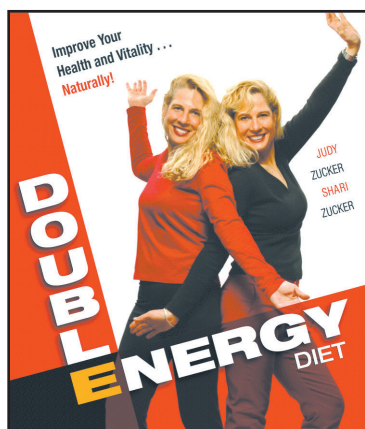
The "dynamic duo" of Judi and Shari Zucker who've dubbed themselves "The Double-Energy Twins" have just published their fourth book, *The Double Energy Diet*, with the slogan "Improve your health and vitality naturally."

The twins will sign copies on Sunday, Sept 7 from 3 to 5 p.m. at Whole Foods, 239 N. Crescent Dr., in Beverly Hills

A healthy lifestyle is not new to the twins, now 47, who grew up in Beverly Hills and were introduced to vegetarianism by Hawthorne Elementary art teacher John McCutchen.

Inspired by a mother who was a "bad cook," they developed their own recipes, "experimenting and taking the sugar out of Betty Crocker recipes," Judi Zucker said.

With help from their book publicist father Irwin Zucker, their efforts became the cook-



book, *How To Survive Snack Attacks Naturally*. Published while they were 17-year-old Beverly High students, the book sold 35,000 copies and earned them numerous radio interviews and TV appearances with such personalities as Merv Griffin and Regis Philbin. (Mom Devra Z. Hill Zucker is also a writer.)

Recipes, 70 sugar-free plant-based ones, are also part of the latest book.

The book was written to help people attain a healthy weight, fulfill nutritional needs, reduce the amount of fat in meals, save time and money in the kitchen and satisfy both physical hunger and psychological cravings. So the recipes encourage organic ingredients, have no more than five steps, are vegan friendly, "good for diabetics," and most important, the twins say, are flavorful.

Three years in the making, the book is their response to three main factors: their disgust with fad diets that don't work; their



SHARI and JUDI ZUCKER

anger with misconceptions about carbs—"We're big advocates for complex carbohydrates," Shari Zucker said—and requests from students.

Residents of Santa Barbara, the sisters taught "Mommy and Me" cooking classes in Montecito advocating their vegan recipes and lifestyle. "People asked us how we do it, and requested the recipes, so we decided to do the book," Shari Zucker said.

Readers can double their energy and improve their health, the twins say, by:

- Eating "upper" foods and

voiding "downer" foods.

Upper foods include the "eight greats"—flaxseed, nuts, berries, sprouts, apples, water, oatmeal and soybeans.

Downer foods include meats with saturated fats and cholesterol, and beverages like alcohol, those with caffeine and soft drinks.

- Following the "LML" plan—eating a light breakfast, moderate lunch and light dinner.
- Enjoying regular aerobic exercise.

Researching the book was not hard, Judi Zucker said. Besides their lifelong passion for

health and nutrition, the twins have degrees in ergonomics, the study of human physiology, physical education and nutrition from UC Santa Barbara and numerous sources in the field; like well-known health writer Dr. Earl Mindell, who wrote the forward for the book.

The book looks at various aspects of energy including being positive and limiting time with negative people. "Negative people can bring positive people down and deplete your energy," Shari Zucker said.

They also point to the importance of one's environment, advocating the energy-flowing design principals of feng shui. A clutter-free, plant-filled, well-designed home can increase energy, the twins say.

There is also a chapter on "Raising Healthy Kids" and both sisters have athletic children raised on the diet.

They are appalled, they say, by the number of young people smoking and gulping down caffeinated lattes and sugar-filled sports drinks.

"This has never been a fad for us, it's been a lifestyle since high school," Judi Zucker said.

And it paid off. Active in track and field, in their junior year they set the fastest one-mile and two-mile track records for BHHS. The two-mile record (11:11.7) still stands, and they are still friends with coach Charles Kloes. They graduated in 1979.

Their Web site is [www.doubleenergytwins.com](http://www.doubleenergytwins.com)

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