

"The Energy Twins"

Release New Book

By **ANDRIA WATSON** / CASA

H **HEALTHY ENERGY WITH A PUNCH** designed into a delicious diet is what twins Judi and Shari Zucker have created in their new book, *The Double Energy Diet*.

"My sister and I put three years of work and research into this book," shared Judi Zucker.

There will be a book signing to kick off the release at State Street Borders on June 18th at 7pm. Both twins will be present.

"As writers, we're like mothers," continued Judi Zucker. "We added two chapters that most diet books fail to include with information and tips for pregnant women, and young mothers, and on raising healthy, energized kids."

The Double Energy Diet shows how you can lose weight gradually and permanently while simultaneously boosting your energy to new heights. Authors Shari and Judi Zucker, known as the "Double Energy Twins" exude an abundance of energy

and enthusiasm and exemplify the lifestyle they promote.

"We are big advocates of organic produce. People with budgets, especially college students can now shop at health food stores like

Trader Joe's, to get what they need for low prices. Go with a list, and be efficient with what you buy, and remember to compare prices," Judi added.

Endorsed by doctors and fitness experts, *The Double Energy Diet* is based on life-enhancing natural foods, allowing

for a healthy weight while fulfilling nutritional needs. The diet reduces the amount of fat in meals, and saves both time and money spent in the kitchen. According to the twins, the program satisfies both physical

and psychological cravings, uses less resources, thus leaving a smaller eco imprint.

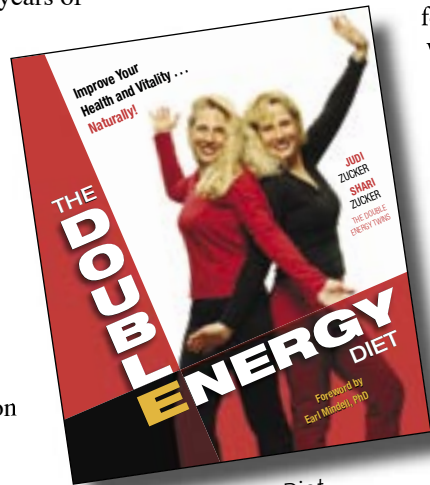
"We divide the work that goes into producing a book like this depending on each other's specialties and strong points. Then we switch and look over the other one's work and ideas. A twinship is a very unique relationship," Judi laughed. "We're each other's best critics!"

Over 70 delicious, easy-to-prepare meatless recipes showcase real food with fresh tastes, textures, and colors, including pizza, potato salad, and eggplant Parmesan. Moderation becomes second nature and old behaviors and eating patterns disappear with the pounds.

The Zuckers wrote their first cookbook, *How to Survive Snack Attacks ... Naturally*, when they were just seventeen. They graduated with honors in ergonomics, the study of human physiology, physical education, and nutrition, from UCSB.

Following graduation, the Zuckers served as media specialists for General Mills, whose representatives had asked the twins to publicize the company's Nature Valley Granola products. After promoting, the twins realized that they wanted to provide the public with additional information about sound diet and exercise programs.

The dynamic duo also wrote *How to Eat Without Meat... Naturally* and *Double Your Energy with Half the Effort*. They plan to package and market their "Zookie Cookie" a delectably wholesome morsel



The Double Energy Diet



The "Double Energy" Twins

for which they have developed a closely guarded, exclusive recipe.

The Zuckers have appeared on national and local television talk shows, teach Natural Foods cooking classes to adults and children, and maintain their own fitness by running, swimming, and walking daily. They are the daughters of locals Devra Z. Hill, movie reviewer at *CASA Magazine* and book publicist, Irwin Zucker.

Borders is located at 900 State St. and is open Mo-Th 9 to 10pm, Fri-Sat 9 to 11pm, and Su 9 to 10pm. For information visit www.doubleenergytwins.com.