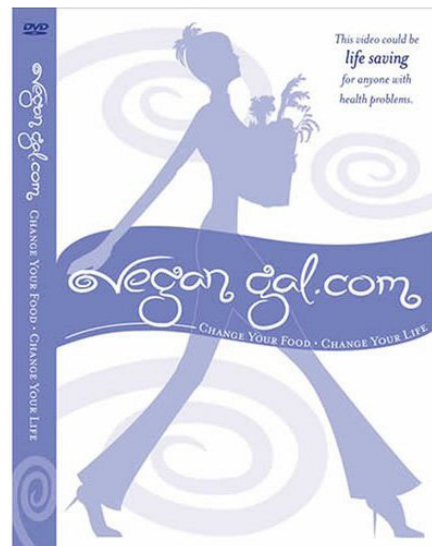


NEWS RELEASE

Change Your Food, Change Your Life! DVD offers easy steps to a healthier lifestyle

Jill Ovnik, president and founder of Vegan-Gal.com, produced a DVD aimed at offering the average person insight to healthier eating. Ovnik's DVD, titled "Change Your Food, Change Your Life!", is enlightening and entertaining. The eighty minute DVD is full of helpful information and tips that range from grocery shopping ideas and smart restaurant choices to step-by-step recipes that can be created at home.

John McDougall, a medical doctor and founder of the McDougall Program in Santa Rosa, California, states, "A low-fat, plant-based diet is the most powerful medicine you can take to regain lost health and appearance. Jill Ovnik's friendly and practical manner of teaching will help you easily make the long overdue transition to a constructive style of eating."



Ovnik explains, "My goals are to share the changes that I have made with food and get people excited about plant-based foods. Becoming a vegetarian and then a vegan has changed my body inside and out, my mind, my heart, and my soul for the better. And the best part is that I enjoy food now more than ever!"

Ovnik is not a medical doctor or dietician. She is just a woman looking for a better way to live. Ovnik, who struggled with her weight and energy level for years, was introduced to a vegetarian and is now 30 pounds lighter with greatly increased energy levels, which, as a mother of three, is a daily incentive to remain healthy.

You do not have to be a vegan or vegetarian to benefit from the information presented in this DVD. It is full of ideas and suggestions that can benefit anyone - young and old alike. David Gronowski, National Sales Manager for Movie Facts Inc, who recently attended one of Ovnik's seminars, said, "Jill's information has inspired me to make changes in my eating habits. Her style is fun and direct without being preachy!"

To view clips, learn more about, and purchase [Jill Ovnik's "Change Your Food, Change Your Life!" DVD](http://www.Vegan-Gal.com), visit www.Vegan-Gal.com or send an e-mail message to jill@vegan-gal.com. The "Change Your Food, Change Your Life!" DVD is also available on Amazon.com.

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