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BULLET WITH YOUR NAME ON IT

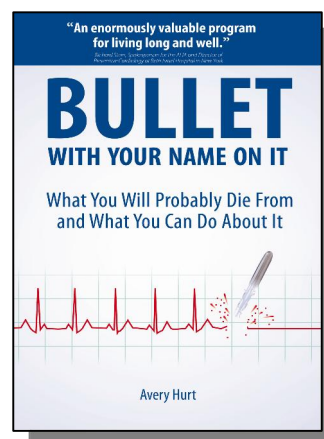
What You Will Probably Die From and What You Can Do About It by Avery Hurt

“An enormously valuable program for living well and long.”

--Richard Stein, Spokesperson for the AHA and Director of Preventive Cardiology at Beth Israel Hospital in New York

There's no way around it: we all die. Phrases like “Studies show...”, “The experts say...” and “more research is needed...” are a dime a dozen in the glut of health news in the media. On top of that, these studies are often contradictory: one day coffee has nothing but positive health effects, the next day it doesn't. Who to believe and how best to sift through all that information to get the answers that are needed most? In **BULLET WITH YOUR NAME ON IT** (\$14.95, December, Clerisy Press), acclaimed medical writer Avery Hurt explains to readers how to cut through the clutter and better their odds to improve their health. Starting now.

BULLET WITH YOUR NAME ON IT is an authoritative guide to the many risks for the most common chronic diseases with straightforward answers about what to do and not to do to stay healthy for as long as possible. “The truth is that there are probably a number of bullets with your name on them, and that if you know where to look and what action to take, you may be able to duck most of them,” says Hurt in the introduction. “And though you will not be able to dodge all of the bullets forever, evading any of them will extend your life.”



In **BULLET WITH YOUR NAME ON IT**, Avery Hurt tells readers:

- The typical candidate for a heart attack is a middle-aged, balding and slightly paunchy man, right? Surprise! More women than men die of heart disease each year.
- Osteoporosis is a tragic disease but you probably don't have to worry about it as much as the magazine ads suggest.
- Get some sun! Regular, moderate sun exposure can be very healthful and might actually prevent skin cancer as well as several other diseases
- If you lost your keys three times this week, you probably don't have Alzheimer's. If you forgot how to work the toaster, got lost on your way home from the bank or can't remember your son-in-law's name, you should consider it a warning sign.

Avery Hurt is a freelance writer who specializes in health journalism. She is a contributing editor to *The New Physician* magazine and writes for many well-known publications including *Newsweek*, *Health*, *Eating Well*, *Parents*, *Better Homes and Gardens*, *Heart Healthy Living* and *Diabetic Living*. She lives in Birmingham, Alabama. **BULLET WITH YOUR NAME ON IT** is her first book.

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What You Will Probably Die From and What You Can Do About It

By Avery Hurt

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