

Dieting With the Stars – You’ve Tried Every Diet Under the Sun but This One!

DETROIT, MI (SEND2PRESS NEWSWIRE) – Maria Shaw navigates us through the galaxy of her weight loss world with her latest book, “Maria Shaw’s Astro Diet” (ISBN: 9-780970-483485). “No diet works the same for everyone,” explains Maria. “That’s why a Sagittarius can lose 10 pounds on Atkins but a Gemini may gain weight. To lose weight and keep it off, it’s best to look at the zodiac signs’ personality, psychological and physical attributes.” Maria is no stranger when it comes to doling out sage advice. Her weekly forecasts have reached 69 million homes on the TV Guide Channel. She’s appeared on Fox News, VH1, and E Entertainment.



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“I’ve been counseling clients for fifteen years, and the two top questions I get asked are ‘Will I ever meet my soul mate?’ and ‘How can I lose weight?’” Maria explains, “I had already written a best seller about ‘love,’ it was now time to write a diet book!”

She then put together a test group of people from Cleveland to Canada. All signs were represented; from the candy-craving Libra to the carb-lovin’ Capricorn. Maria researched their astrology charts, counseled them and set the course for weight loss. Her theories were successful when everyone lost weight.

So, what really motivates a Leo to drop a dress size? What exercise suits a Taurus best? Which foods help and hinder a food addiction sign like Virgo?

Maria Shaw's Astro Diet includes the following:

- * *Best days to start a diet that you'll stick to*
- * *Foods that aid in weight loss*
- * *Times when you're mostly like to cheat*
- * *Best exercises for each sign*
- * *Best times to lose weight effortlessly*
- * *Diet program suggestions for every sign*
- * *Your very own 2006 Daily Diet Forecast for the entire year!*

Here are some of the results:

Darlene (Virgo) – Lost 18 pounds in 30 days! “I feel so empowered right now.”

JoAnn (Pisces) – Lost 14 pounds in 4 weeks. “When I read your helpful daily diet forecast, I feel that universe is working with me!”

Panvenus (Cancer) – “TOSS THE GIRDLE...Don't need it anymore! I'm wearing a suit with no girdle, which I have NEVER done before!”

More information: www.MariaShaw.com

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