

## PREVIEW\_ Dawn Ann Jameson - Interview (FL FEB 2017) 2

**D.A. Jameson:** I eat like a queen. I don't spend a whole lot of money on food. It is more expensive to eat a healthier diet and that's why it's so crucial for you to understand what your body needs, how much your body needs or how little your body needs and then be able to access the sources where you can get that food from.

**Dr. Eenfeldt:** When you talk about how much your body needs or how little it needs, how do you find that out?

**D.A. Jameson:** Everybody's different.

**Dr. Eenfeldt:** Exactly, that's my first thought. I bet I need more food than you do, because I'm bigger, right?

**D.A. Jameson:** Right, that's exactly right. That's exactly right and that's why I love DietDoctor.com because it addresses the individual. And that's important and people need to know that. But everybody, you know, they want that quick fix. There is no quick fix. In one, experiment of one, you are the greatest experiment of this planet.