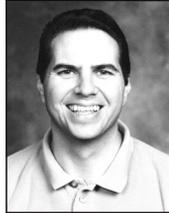


# Think You Know What Good Health Is?

## You Don't Have A Clue How Good It Can Be

What's it like to:

- Wake up refreshed and early every morning, without an alarm, and enjoy energy to spare all day?
- Be mentally sharp as-a-tack and inspired at work and play?
- Feel youthful enthusiasm and optimism again?
- Live without aches, pains or anxiety — at any age?



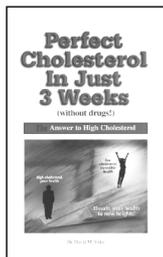
If you think all that sounds too good to be true... think again. Although most people are merely happy to survive each day, **Dr. David Vitko** says anyone can *thrive* instead! Incredible physical, mental and emotional health for a lifetime can be yours.

### Hint: Simply Not Getting Sick Does Not Define 'Real Health'

Invite this inspiring health leader to reveal on-air what really works to make us incredibly healthy. He'll reveal the program he developed that works 100% of the time — and why the best kind of health can never be purchased.

He'll share with your appreciative audience:

- How prescription drugs, vitamins, and herbs do more to lead Americans away from health. And exercise alone won't work either.
- The 5 most common health myths you must avoid, including "drink 6-8 glasses of water each day."
- The secret to lowering cholesterol quickly and permanently, without drugs, while still enjoying all the food you love.



### Open-Up Phone Lines for Questions to This Fascinating Health Expert

**CREDENTIALS:** Nutrition expert, lecturer and chiropractic physician Dr. David Vitko has already helped thousands of Americans to better health. His acclaimed book is *PERFECT CHOLESTEROL IN JUST 3 WEEKS (WITHOUT DRUGS!)*.

**AVAILABILITY:** Cleveland, Pittsburgh, nationwide by arrangement and via telephone

**CONTACT:** Dr. David Vitko, (330) 482-9550 or (330) 921-9503 (OH); vitkod@aol.com

# Let Comedy Coach Steve North Make Someone at Your Station Funny

Whether it's your producer, sidekick, traffic reporter or newscaster, someone on-air at your station needs help with funny. **Steve North** can do it live on the air. Bring him on your show, designate a guinea pig, and let the laughs fly. Or just interview him on what makes people funny.



Steve has trained everyone from stars to beginners to find their COMEDIC CHARACTER for standup, acting, writing, speaking. His training can help anyone who needs to be funnier.

Why not learn from the only comedy coach who has also performed in, produced or written on over 30 national TV shows?

Steve trained in comedy with Second City and The Committee. His career in film and television ranges from such work as a recurring role on "Fantasy" on NBC, to the "Mary Tyler Moore Show," to being Head Writer for "The Gong Show." With his wife, Barb, Steve has developed, written and produced for TV, and headlined clubs and colleges all over the U.S. Check out his website at [www.funnycoach.com](http://www.funnycoach.com).

Laura Martin, 818-347-5098, or email: [info@comedynorth.com](mailto:info@comedynorth.com)

## When is it Okay to Laugh at Someone's Insecurities and Misfortunes?

### When You Interview the Original Misfit of Comedy

**Dana Eagle** is perfectly ok with being a misfit because it is finally paying off. Her self-deprecating, off-beat and often inspiring humor has made her a hit with college, nightclub, television and concert audiences. Bring Dana on your show to tap into the place in all of us that continues to feel out of step and alone at the lunch table.

To quote Dana:

- "Studies now show that eighty percent of us suffer from depression — and the other twenty percent of you cause it."
- "When you don't have a lot of friends growing up, the seesaw is just a really low bench."
- "I used to think I liked myself but then I realized I was just using me to get to someone else."



Growing up Jewish, Dana was told that she was one of the chosen people, then she got to gym class and found out that didn't apply to kickball. And thus began a lifelong pursuit to find acceptance. When she found standup comedy, that acceptance came quickly and has led to appearances on Comedy Central's Premium Blend, national commercials, and a host position on the Oxygen Network. Through all this success, Dana has finally come to a place where she too can feel beautiful — and that place is called Radio Shack.

Barb North, 818-347-5098, or email: [info@comedynorth.com](mailto:info@comedynorth.com)