

Meet the Author

Constance Brown-Riggs, MEd, RD, CDE, CDN, is a Consulting Nutritionist and Certified Diabetes Educator with more than twenty-five years experience in the field of nutrition and dietetics. She is also a former Assistant Adjunct Professor at Suffolk County Community College for the Dietetic Technician Program, where she served as both mentor and role model.



As president of CBR Nutrition Enterprises, Constance has become a nationally-known nutritionist whose reputation is fast growing. Working with *ESSENCE* magazine as a nutrition consultant has given her a forum from which her views on nutrition, weight management and healthy lifestyle can be read across the nation. She was frequently quoted in articles in *HEALTHQUEST* magazine and was used as a nutrition expert for their book, "Lighten Up: The *HEALTHQUEST* 30-day Weight-Loss Program" ©10/01. For the *ESSENCE* "Total Make Over Book," she designed four personalized weight loss meal plans for the health and fitness makeover participants. The before and after pictures are testimony to the fact that nutrition is truly the best medicine. She has also provided health related articles for publication in *Imara Woman* magazine, *Point of View* and *The Bulletin Board* newspapers. As a leader in her field, Brown-Riggs has developed workshops and lectured at numerous seminars.

When not conducting media interviews and consultations, Brown-Riggs can be found in her office providing individual consultation services for health maintenance, disease prevention, and treatment. As a diabetes educator, she is keenly aware of the need for culturally relevant educational tools, and has written **Eating Soulfully and Healthfully with Diabetes** ©6/06 with the goal of shortening the cultural distance between the person with diabetes and their health care provider.

Constance is a Registered Dietitian with the American Dietetic Association, New York State Certified Dietitian Nutritionist, and Certified Diabetes Educator with the American Association of Diabetes Educators. She attended Queens College in Flushing, NY, completing her undergraduate and graduate studies, ultimately receiving a Masters degree in Nutrition Education with honors for excellence in nutrition research.

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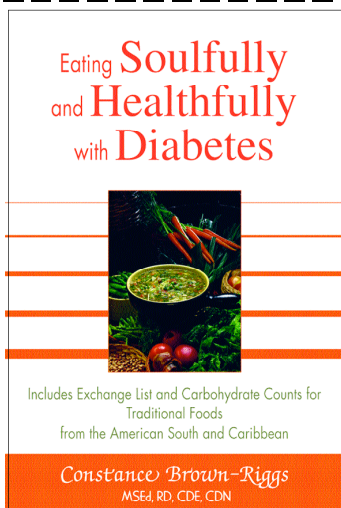
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Questions Constance Brown-Riggs Is Frequently Asked

1. Why do you think so many African Americans are not aware they have diabetes?
2. What is the biggest mistake people make when first trying to get their diabetes under control?
3. What single thing can make the biggest difference in getting diabetes under control?
4. Why aren't more ethnic foods included in most of the diet books?
5. Do other ethnic groups — Hispanics, Asians, Indians — have a similar problem?
6. At what age should most people be tested for diabetes? Why?
7. What are some of the symptoms of diabetes?
8. If you don't have any symptoms are you OK?
9. What increases a child's risk of getting diabetes?
10. How does your food pyramid differ from the USDA pyramid?

To request a review copy of **Eating Soulfully and Healthfully with Diabetes**, arrange an interview with Constance Brown-Riggs, request cover art to be sent to you electronically, or for any additional information, please contact Kate Bandos at KSB Promotions

• **800-304-3269** or 616-676-0758 • fax 616-676-0759 • kate@ksbpromotions.com



Eating Soulfully and Healthfully with Diabetes Includes Exchange List and Carbohydrate Counts for Traditional Foods from the American South and Caribbean

by Constance Brown-Riggs, MSED, RD, CDE, CDN
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