

ABOUT THE AUTHORS

KATHRYNE PIRTLE is the clarinetist and executive director of the critically acclaimed Orion Ensemble, which tours throughout North America, presents three series each year in the Chicago metropolitan area, and performs a live, internationally broadcast series on WFMT, Fine Arts Radio in Chicago. She is Principal Clarinetist of the Lake Forest Symphony, and frequently performs with the Lyric Opera, Grant Park Symphony, Ravinia Festival Orchestra and the Chicago Symphony. In addition, she has served on the faculties of the Wheaton College Conservatory and Northern Illinois University. In 2004, the Hal Leonard Corporation released her solo album of selected Bach unaccompanied cello and violin suites and sonatas transcribed for the clarinet by Himie Voxman.

SALLY FALLON is the author of the best-selling *Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats*. This thought-provoking guide to traditional foods contains a startling message: Animal fats and cholesterol are not villains but vital factors in the diet, necessary for normal growth, proper function of the brain and nervous system and protection from disease. She is a founding president of the Weston A. Price Foundation and editor of the Foundation's quarterly magazine, as well as the founder of A Campaign for Real Milk. *Eat Fat Lose Fat* (Penguin, Hudson Street Press), by Sally Fallon and Dr. Mary Enig, was published in December 2004.

JOHN D. TURNER, DC, CCSP, DIBCN was a national qualifying gymnast, an experience that inspired his life-long passion in the field of health. A trained chiropractor, he has postgraduate certification in acupuncture and sports medicine. Because of his unique qualifications, he has been commissioned to serve on the medical staff at a number of Big Ten Track and Field Championships, the U.S. Track and Field Championships and the U.S. and World Gymnastics Championships.