

The Double Energy Twins

Santa Barbara locals,
SHARI and JUDI ZUCKER, energize
audiences with their new book

BY MIRIAM HOSPODAR

The bottom line with energy is love. Love fuels energy,” says Shari Zucker as her twin sister Judi nods her head. The latest of their four books, *The Double Energy Diet*, is devoted to helping people increase energy and vitality, with diet tips and easy recipes featuring what the authors refer to as “upper foods.” “Our passion is health and nutrition. One can have health and vitality naturally. People don’t need to use artificial energy boosters, such as dye-filled energy drinks and caffeine. We emphasize organic, unprocessed foods. We also have what we call ‘The LML Plan’ for eating, or light – moderate – light, meaning a light breakfast, a moderate lunch, followed by a light dinner.”

However, these women, dubbed the “Double Energy Twins,” have extended their techniques and philosophy beyond diet to include exercise, mental attitude, and even home décor (Shari is an interior designer) to give your spirits and energy levels a lift. “One thing that’s very important is mental attitude. Negative people drag you down. We are very understanding about people who have problems, but limit your time with ‘downer’ people. Surround yourself with good people.”

Judi and Shari Zucker became vegetarians in high school. Their first book, *How to Survive Snack Attacks...Naturally*, was published when they were seventeen years old. They graduated from UCSB with degrees in Ergonomics, the study of human physiology, physical education, and nutrition. Both women are married with children (Shari’s sons are fifth-generation twins), and they are very concerned about their children’s health. “Kids don’t feel energized from the processed food they eat, and obesity in children is at an all-time high. Children in middle school are drinking coffee. We have alternative recipes for sugar-free, easy to make, sweet treats that parents can pack in their children’s school lunches. Also, starting children early with an appreciation of athletics is very important.”

“Parents are also running on empty and reaching for a third cup of coffee for a lift. We give lots of hints for maintain-



ing energy. One of the most important is to exercise first thing in the morning. The time of day for exercise is important. We walk our talk: we are out every day before the sun rises!”

“We truly know that it’s a gift and a blessing to be a twin. It allows us to work together in harmony,” says Judi. “It’s gratifying to know that together we can make a difference.”

More information about SHARI AND JUDI ZUCKER and their book, THE DOUBLE ENERGY DIET, can be found on their website at www.doubleenergytwins.com.