

**Media Hits for Mary R. Wendt, MD, author of
*Waist Away: How to Joyfully Lose Weight and
Supercharge Your Life***

Print Hits

BUSTLE

Bustle

December 23, 2015

793,866 Visitors per Month

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Houston Style Magazine

Houston Style

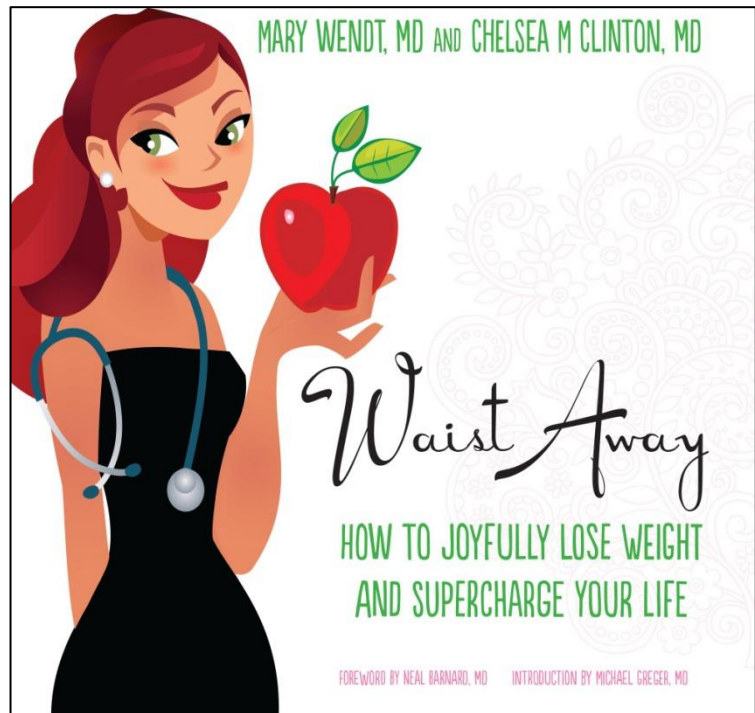
November 25, 2015

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December 21, 2015

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227,128 Visitors per Month



HealthNewsDigest.com

HealthNewsDigest.com

December 21, 2015

197,865 Visitors per Month

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Natural Life Magazine

Natural Life

Annual 2015

Circulation 35,000

MONTANA SENIOR NEWS

Montana Senior News

October 30, 2015
Circulation 34,000

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IDAHO SENIOR INDEPENDENT

Idaho Senior Independent

October 30, 2015
Circulation 31,000

[Read here](#)



Surprise Independent

November 24, 2015
Circulation 22,000

[Read here](#)



Tidewater Women

December 2015
Circulation 20,000

[Read here](#)

SPANISH JOURNAL

Spanish Journal

November 25, 2015
Circulation 20,000

[Read here](#)

NEW AGE JOURNAL BLOG

LATEST NEWS AND INSIGHTS FOR THE NEW AGE

NewAgeJournal.com

October 31, 2015

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The San Fernando Sun

November 25, 2015

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Pink Lemonade

December 22, 2015

[Read here](#)



Wellsphere

December 22, 2015

[Read here](#)

Radio Interviews



The Jim Harrison Show

CHNL-AM

Kamloops, British Columbia

December 24, 2015



WFAW-AM

Fort Atkinson, WI

December 23, 2015

WBAL 1090 NEWS RADIO

Maryland's News Now

WBAL-AM

50,000-Watt Station, Baltimore, MD

December 29, 2015



Listen to the Mrs.

WSGW-AM

Saginaw, MI

January 6, 2016

Coming Soon

Massachusetts' Premier Magazine For Families
baystateparent

BayStateParent

February 2015

Circulation 45,000

Inspiring the Soul
CREATIONS
MAGAZINE

Creations Magazine

February/March 2016

Circulation 42,000



About the Author:

Mary R. Wendt, MD, is the founder of Get Waisted and the author of *Waist Away: How to Joyfully Lose Weight and Supercharge Your Life*. She is an expert on making the transition to plant-based nutrition and has 20 years of experience practicing internal medicine in private and hospital practice. When she's not eating rice and beans from Chipotle, she's searching for the latest healthy choices available all over New York City.

To learn more, please visit www.getwaisted.com.