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## ***For Immediate Release***

# **Carmen Staicer Joins DietsInReview.com as Chief Mom**

DietsInReview.com is pleased to announce the addition of Carmen Staicer to its staff. Carmen will be fulfilling a new position as Chief Mom, and contributing to the site's health-minded blog.

You may already know Carmen as the "Mom to the Screaming Masses," a personal blog where she chronicles life with her six children, as well as the story of her tremendous weight loss success. After hearing an unkind comment from her child's classmate, Carmen made a New Year's resolution to "once and for all lose weight and get into better shape." Her journey took 18 months, and she lost 80 pounds by introducing a small diet and lifestyle change each week. Today, Carmen, a Virginia Beach native, is a fit and healthy inspiration for other women and moms, as she continues to maintain her healthy lifestyle through martial arts and running.

"At DietsInReview.com, our goal is to help people regain or maintain a healthy lifestyle. Carmen has not only walked the walk, but she talks the talk in a friendly, approachable and realistic manner that moms can connect with," says senior editor Brandi Koskie. "She will no doubt be a dynamic member of our team and we're excited to have her join us."

You'll find Carmen publishing each week in the DietsInReview.com Diet Column, sharing insight for other busy women to take time for themselves to regain their health and stop the diet roller coaster, as well as tips and tricks to ensure they are also able to help their families stay active and healthy.

### About DietsInReview.com

DietsInReview is a leading diet and health site, featuring more than 750 diet, weight loss, diet pill and fitness reviews. Additionally, the Diet Column is updated daily by a team of fitness and nutrition experts with the most need-to-know news and tips about health and weight loss. You'll find a database of free healthy recipes that suit a variety of dietary needs. And, you can manage all of your favorites and communicate with other health-minded individuals in the MyDIR community. DietsinReview.com looks forward to being your trusted resource for healthy living.

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