

PRESS RELEASE

For Immediate Release

New Program Helping Individuals Lose Weight, Stop Smoking and Feed America's Hungry - Hypnosis Guru, Mark Patrick, and Second Harvest Teaming Up to Combat Hunger

Twelve-year hypnosis veteran, Mark Patrick, has just launched the Food for Thought program. Participants who sign up for this weight loss/smoking cessation seminar and who donate a non-perishable food item when they attend will be treated to a 10-percent discount. Charitable provisions will go to Second Harvest, the Nation's Food Bank Network.

Barnegat, NJ (PRWeb) March 3, 2008 - Mark Patrick Media has just joined forces with Second Harvest in an effort to conquer American hunger. For over 10 years, hypnotist Mark Patrick has successfully assisted thousands of individuals in losing weight and stopping smoking. Now, he's taking his success story a step further with the introduction of the Food for Thought program. When new participants come to him for assistance in losing weight and beating their nicotine addiction, they will be offered a 10-percent discount in exchange for a non-perishable food donation. All provisions collected during this program will go to Second Harvest, the Nation's Food Bank Network. Dieters and smokers who would like to feed the hungry while conquering their addictions can learn more about the Food for Thought program online at <http://www.MarkPatrickMedia.com>.

According to Bread for the World, 35.5 million Americans - including 12.6 million children - live in households that experience hunger or the risk of hunger. This figure represents more than one in 10 U.S. households (10.9 percent). Share Our Strength estimates that if all those Americans who are faced with food insecurity stood in line at a food pantry in New York City, the line would stretch to Los Angeles and back ... twice. That's a pretty grim picture for the residents of what is often heralded as the greatest nation on earth.

"While much emphasis is currently placed on feeding hungry children around the world, little attention is paid to those who are starving right in our own backyards," explains Mark Patrick, founder of the Food for Thought program. "I decided it was high time that something was done about that dichotomy, and thus the seed for the Food for Thought program was planted. By feeding the hungry while helping others lose weight and stop smoking, I am able to offer a win-win scenario for everyone involved."

Indeed, with obesity and smoking being the number one and two killers in the United States, Patrick's endeavor is a life-transforming one. Because he wanted to keep the fruits of his Food for Thought labors close to home, the obvious recipient of Patrick's philanthropy was American's Second Harvest.

The Nation's Food Bank Network, Second Harvest is the U.S.'s largest charitable hunger-relief organization. Each year, it secures and distributes more than two billion pounds of donated food and grocery products. Second Harvest annually provides food assistance to more than 25 million low-income hungry people in the United States. Among the recipients of its generosity are more than nine million children and nearly three million seniors.

For more information on how losing weight and stopping smoking can benefit the hungry, contact Mark Patrick at (609) 660-8844. To learn more about Patrick's longstanding success in hypnotic weight loss and smoking cessation, visit his company online at <http://www.MarkPatrickMedia.com>.

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