

Do you overeat during the holidays? Do your friends and relatives try to love you with food? This holiday season, Dr. Phil will help you. Print out these cards below ... they're the next best thing to having Dr. Phil by your side when the pie, cake and eggnog come around!



Dr.
Phil

"HEY THERE! DR. PHIL WANTS YOU TO KNOW THAT I AM MAKING SERIOUS COMMITMENT TO PROTECT AND PROLONG MY HEALTH, SO PLEASE DON'T TEMPT ME. A LOT OF HARD WORK HANGS IN THE BALANCE. HOUNDING ME TO EAT WHAT I DON'T WANT ISN'T HELPING. THANKS FOR LOVING ME ENOUGH TO REFRAIN!"



Dr.
Phil

"HI THERE DR. PHIL HERE... IF YOU LOVE THIS PERSON, BACK OFF WITH THE PIE, CAKE, COOKIES OR MASHED 'TATERS! A LOT OF HARD WORK HANGS IN THE BALANCE! THANKS! THEY WILL LOVE YOU TOMORROW!"



Dr.
Phil

DR. PHIL SAYS...
"STOP LOVING ME WITH FOOD!"