

## FOR IMMEDIATE RELEASE

### **Practical, Economical, Do-able Steps to Skyrocket Health and Lose Weight Naturally, Safely, and Permanently – Without Medication**

Buckeye, AZ – June 2013 – A New book provides a natural, reliable path for creating an amazingly healthy lifestyle – a lifestyle that triggers the self-healing doctor within - enabling the body to respond with the most prized gift of all – vibrant health.

In ***My Journey to Vibrant Health...and how you can get there, too***, (\$13.95, Divine Health Solutions, Intl., June 2013), author Edna Lawrence, who saved her own life, brings 16 years of knowledge and experience in holistic health and lifestyle improvement. Her personal experience led to the creation of four natural health principles used as guideposts assisting others in achieving their ideal self in virtually every dimension of life, starting with the ways in which the body is nourished.

Lawrence, in ***My Journey to Vibrant Health...and how you can get there, too***, shares several life changing health benefits including the following:

- Improve and maintain remarkable health and vitality, naturally
- End addiction to prescription and over-the-counter drugs
- Eliminate nutrient-deficient foods and uncontrollable cravings
- Boost energy
- Lose weight, safely, naturally, and permanently—without pills or surgery
- Embrace the aging process with grace, dignity, and a deep sense of gratitude

“Based on hundreds of conversations with people regarding their health, or lack thereof, over the last 16 years”, says Lawrence, “I discovered many people have the erroneous belief that modern medicine can actually ‘heal’ diseases. In ***My Journey to Vibrant Health...and how you can get there, too***, I dispel these false and very dangerous beliefs.”

Edna Lawrence has been on the natural health journey for the last 16 years, and experienced first-hand what it feels like to fear for her life – not knowing whether each breath would literally be her last. After suffering with chronic asthma for nearly 20 years and subsequently saving her own life, she analyzed what she did, why she did it, and what happened as a result. Then she became a holistic health educator and wellness coach with a mission to help others improve their health as well.

***My Journey to Vibrant Health...and how you can get there, too*** (Divine Health Solutions, Intl., \$13.95, paperback, 6x9, 58 pages, available at [www.divinehealthsolutionsintl.com](http://www.divinehealthsolutionsintl.com), e-book, \$3.99, available at: [smashwords.com](http://smashwords.com) and [amazon.com](http://amazon.com)).

For more information, visit [www.divinehealthsolutionsintl.com](http://www.divinehealthsolutionsintl.com).

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