



## FOR IMMEDIATE RELEASE

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### MILLIONS OF AMERICANS SUFFER FROM ENTIRELY PREVENTABLE DISEASES DUE TO LIFESTYLE CHOICES

### 60 PERCENT OF ALL DEATHS ARE TIED TO LIFESTYLE RELATED DISEASES

NEW BOOK, ***THE CREATION HEALTH BREAKTHROUGH***, OUTLINES 8  
STEPS TO REVOLUTIONIZE HEALTH

*“Follow this guide to a personal weekend retreat that will integrate healthy behaviors into  
your lifestyle and rejuvenate your life experience!”*

--Mehmet Oz, New York Times #1 Bestselling coauthor of *You: The owner's manual*

NASHVILLE, TN—**D**id you know that you can work yourself to death? In Japan, the word “Karoshi” (pronounced kah-roe-she) is a term that means “death from overwork.” Every year “karoshi” is responsible for over 30,000 deaths in Japan. Unfortunately, Corporate America is no stranger to burnout and exhaustion. With twelve and fourteen hour days and six or seven day work weeks, we cannot continue to push ourselves without serious health implications.

In the new book ***The Creation Health Breakthrough*** (Center Street, January 2007), Dr. Monica Reed from the world renowned **Florida Hospital** prescribes 8 fundamentally powerful and scientifically proven essentials to reverse the negative effects of lifestyle, prevent disease in at-risk people, and ultimately achieve total health and wellness.

**C**hoice  
**R**est  
**E**nvironment  
**A**ctivity  
**T**rust  
**I**nterpersonal Relationships  
**O**utlook  
**N**utrition

These 8 essential components of health mold together to form the blueprint for the good health that we yearn for and the life we were intended to live. Along with these steps, Dr. Reed also outlines the importance of the **3 M's** in your daily routine. With **Maximize**, **Moderate**, and **Minimize**, you will soon discover which of your behaviors should be continued and which you should abandon.

-more-

With the help of personal breakthrough stories at the end of every chapter, *The Creation Health Breakthrough* features Dr. Reed's unique **Three-day Total Body Rejuvenation Therapy** and her **4-Phase Transformation Plan**.

Dr. Reed delivers the model for the 21<sup>st</sup> century living in this ground-breaking book on maximizing your health through lifestyle. If you are interested in interviewing Dr. Monica Reed or reviewing her book please contact Jana Burson at 615-371-7764 or [jana.burson@hbgusa.com](mailto:jana.burson@hbgusa.com).

<b>Title</b>	<b>The Creation Health Breakthrough</b>
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