



MEDIA RELEASE

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FOR IMMEDIATE RELEASE

**If You've Been Injured, are Leery of Strong Prescription Pain Medication,
and Want to Heal by Using Natural and Holistic Means, this Book is for You**

HEALING INJURIES THE NATURAL WAY: HOW TO MEND BONES, MUSCLES,
TENDONS AND MORE By Michelle Schoffro Cook, ISBN 1-4120-3005-6

Healing Injuries the Natural Way by Michelle Schoffro Cook, a Doctor of Natural Medicine, provides an alternative approach to healing various types of bone, soft tissue and joint injuries, as well as injuries related to osteoporosis, arthritis and fibromyalgia.

Cook was inspired to write this book following a severe car accident that left her with numerous injuries and years of healing. Her techniques are based on her research and knowledge as an alternative health practitioner who combines Eastern and Western methods of healing. The book also includes a Foreword by the bestselling author of *The Fit for Life Series*, Harvey Diamond, who calls the book, "a one-stop guide to natural healing for people recovering from injuries of all kinds..."

"I decided to write *Healing Injuries* to help others overcome the disabling effects of injuries, whether they're accident or sports related, to prevent them from suffering needlessly for so many years the way I did," says Cook. "This book is intended for anyone, male or female, young or not so young, who is suffering from an injury, whatever the injury and its cause."

Unlike many other books that only offer "take a pill" solutions to alleviate pain and inflammation, *Healing Injuries The Natural Way* goes to the source of your injuries to help them heal. Cook's Eight-Week Injury-Healing Program provides your body with the powerful nutrients it needs to heal through the use of herbs and foods that lessen pain and inflammation. It also includes recipes, exercises and suggestions for using supplements with your diet.

Readers will learn how to:

- Use the power of food, nutritional supplements, and herbs;
- Utilize essential oils and homeopathic remedies;
- Discover exercise as a tool to overcome injuries;
- Beat pain using powerful acupressure techniques;
- Build bone the natural way;
- Reverse fibromyalgia, and more.

– MORE –



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What people are saying:

"A healing journey of holistic alternatives to chemical dependency with an in-depth look at acupuncture, chiropractic, Reiki, massage, herbalism, nutritional therapy and more. This book is an essential read for anyone fighting pain from any injury. It also belongs in the waiting room of every health practitioner—mainstream and alternative—in the country."

Bruce Burnett, author of *Herb Wise: Growing Cooking Wellbeing*

"There isn't a therapy or natural remedy that Michelle Schoffro Cook hasn't touched upon. A thoroughly researched book for anyone seeking alternatives to healing injuries traditionally, or wanting to increase their knowledge of natural healing."

Louise Hodgson-Jones, Editor, *Impact Magazine*

"A mini-encyclopedia of user-friendly natural healing therapies. I recommend this book to trainers, health practitioners and the athlete in everyone."

Tutti Gould, DC, ND, Editor, *Health N' Vitality Magazine*

About the Author

Michelle Schoffro Cook, DNM, DAc, CNC, CITP is a Doctor of Natural Medicine, Doctor of Acupuncture, Holistic Life Coach®, Biofeedback Therapist, Reiki Master, Holistic Nutritionist, and Energy Medicine Practitioner. She is the Director of Healing Body, Mind & Spirit (a health and wellness center in Alberta, Canada). An award-winning author, her writing has appeared in over fifty publications worldwide. She is a regular columnist for *Health n' Vitality* and *Beyond Fitness* magazines and is the author of a forthcoming book, *The Ultimate Body Detox Plan and Life Makeovers for Body, Mind & Spirit*.

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