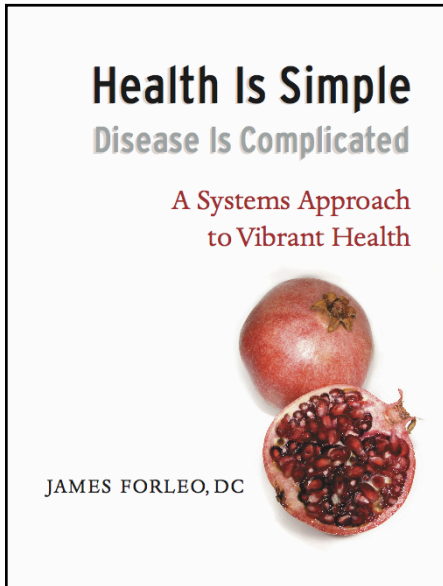




North Atlantic Books
2526 Martin Luther King Jr. Way
Berkeley, CA 94704
www.northatlanticbooks.com

For Immediate Release
Contact: Talia Shapiro, Publicity Coordinator
tshapiro@northatlanticbooks.com
510.549.4270, ext. 14



Health is Simple Disease Is Complicated By James Forleo, DC

On average, people in the United States spend more on their health each year than residents of any other country in the world. Yet the human body is a magnificently intelligent self-healing organism that is capable of creating vibrant health on all levels of experience. ***Health Is Simple: Disease Is Complicated*** by **James Forleo** encourages readers to learn the language of their body and listen to their healing presence in order to create a unique, and prevention-focused health care program, that won't cost an arm and a leg.

Rather than focusing on health problems, the future of preventative medicine requires one to focus on the roots from which these ailments originate. According to **Dr. Forleo**, health and wholeness is a far greater experience than the absence of illness or pain, and poor health symptoms are the body's way of communicating. ***Health Is Simple*** provides a discussion of how to decipher signs, symptoms, and diseases in order to access the great realms of health and vitality that lie within the body.

Dr. Forleo insists on the importance of *building* health: "The truth is that we have become separate from ourselves, from other human beings, and from the powerful force of nature that exists both inside and outside of us. This *perspective of separation* has adversely affected our *perception* of what is possible and ultimately our *experience* of life and health."

Written in a thoroughly lively and engaging style, ***Health Is Simple*** takes a systems approach to health, and walks readers through the basic design and function of each major organ system of the body—the nerve, endocrine, immune, musculo-skeletal, cardiovascular, respiratory, digestive, and elimination systems—and offers a series of simple, yet highly effective practices to help each system perform at a more efficient level.

The effectiveness of **Dr. Forleo's** empowering health regime has been proven on hundreds of his patients, including Andrew Weil, Billy Crystal, Dick Gregory, Joe Don Baker, Bruno Kirby, and members of the Denver Nuggets pro-basketball team. His customized program, articulately explained within the pages of ***Health Is Simple*** emphasizes careful attunement to the language of the body, simple correctives to diet and lifestyle, a new perspective on digestion and elimination, and the alignment of the spine and structural system. **Dr. Forleo's** program has been tested in the treatment of chronic headaches, depression, anxiety, mental and emotional disabilities, female and male imbalances, exhaustion, autoimmune disorders, allergies, respiratory disorders, and a multitude of structural and spinal problems.

Health Is Simple is an inspiring guide, well-suited for alternative health practitioners or anyone interested in improving and maintaining their health.

About the Author:

Dr. James Forleo specializes in holistic health and has over thirty years of clinical experience in chiropractic, spinal biomechanics, applied kinesiology, clinical nutrition, and cranial osteopathy. He is an educator, workshop leader, writer, and musician. Dr. Forleo teaches a variety of classes on multidimensional health, clinical nutrition, muscle testing, total body cleansing, and cranial osteopathy for regional health organizations and at his clinic in Durango, Colorado. He is also an international speaker on healing for the whole person. A 1975 graduate of Palmer College of Chiropractic, Dr. Forleo is a member of several national chiropractic organizations: The International College of Applied Kinesiology, The International Chiropractic Association, The American Chiropractic Association and The Colorado Chiropractic Association. Dr. Forleo has studied meditation, yoga, music, and a variety of health, healing and spiritual practices. He currently lives in Durango, Colorado.

North Atlantic Books is distributed by Random House Distribution Services
Summer 2008, 978-1-55643-718-2, \$22.95 US /\$27.95 CAN, Trade Paper, 400 pp., 7 x 9.25,
Health/Healing