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Visit <http://www.drTursha.com/about.html> for contact details, review copies, photos, and an author bio.

PRACTICALLY HEALTHY

Step-by-Step Guide To Better Health

Dr. Turshá Hamilton, Author of *Practically Healthy* is helping doctors and patients understand their bodies and live rewarding and energetic lives. This book is an excellent resource for any person needing a compass on their journey towards getting healthy.

Dr. Hamilton breaks down the basics of Naturopathic Medicine step-by-step, bite-by-bite, and meets you where you are right now. She inspires you to write down and visualize your goals, let go of the obstacles that stop you from doing them, and have the faith in yourself to achieve them. This understandable and realistic guide to wellness talks you through how to laugh more, poop more, breathe more, move more, sleep more, hydrate more, turn “off” more, be in nature more and choose and prepare healthier food.

Doctors and laymen alike agree that Dr. Hamilton's book has been missing from their bookshelves and offices.

Throughout each chapter in *Practically Healthy* readers are given a series of steps and health tips that can be easily incorporated into daily living. For Dr. Hamilton, health begins with a psychological self-assessment and she encourages readers to set goals as they search a better version of themselves. A cluttered house can lead to a state of psychological gloom which might encourage a higher incidence of overeating, lack of enthusiasm for exercising, and a grumpy disposition. In *Practically Healthy*, readers will learn how to transform their self-esteem, incorporate more laughter, and how to breathe and meditate their way to a more calming and well-fit self.

Practically Healthy answers health questions some readers might not know or be too embarrassed to ask their doctor. Flip through the book and land on bonus recipes that will lead to renewed vigor. If the book itself wasn't enough, Dr. Turshá also has the *Roadmap to Success* workbook.

Dr. Hamilton began her career in Naturopathic Medicine about fifteen years ago. To learn more about Dr. Turshá's journey to health, Naturopathic Medicine or *Practically Healthy*, visit her online: <http://www.drTursha.com>.

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