

STORY IDEAS

Living in the Fast Lane Could Make You Crash

Super-Moms finding success and sanity in the slow lane.

Save Your Life in a Weekend

A Florida Physician's Research That Can Rejuvenate Your Body.

Work. Eat. Sleep. Work. Eat. Sleep...

8 Simple Steps to Breaking the Cycle.

3 Essentials to a Better You

Doctor explains how to naturally increase energy, reduce injury and improve your look!

The Key To His Heart

Find the missing key from your most intimate relationships.

7 Steps to Better Snoozing

Learn how to refresh and renew your mind, body, and spirit.

Overcoming Loneliness

Loneliness has been described as the "disease of the decade, and perhaps every decade in our mid and late twentieth century." This expert explains how to overcome bouts of loneliness.

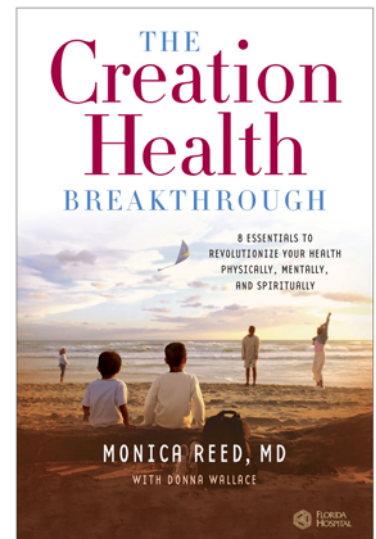
Change Your BREAKDOWN Into a BREAKTHROUGH

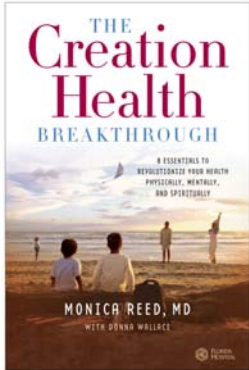
How to move from a health breakdown to a health breakthrough.



Dr. Monica Reed, Senior Medical Officer of the largest hospital in America, directs the daily operations of 2,000 physicians at Florida Hospital in Orlando. Dr. Reed, a graduate of Loma Linda University School of Medicine, is a board-certified obstetrician / gynecologist who has dedicated her medical career to promoting health, healing and wellness. Dr. Reed has extensive media experience, serving as a TV medical news reporter for ABC and NBC affiliates in Orlando and Huntsville, respectively, and co-authoring a book about the Creation Health principles, which sold over 130,000 copies in four months.

For a full media kit visit
www.CreationHealth.com





The Creation Health Breakthrough: 8 Essentials to Revolutionize Your Health Physically, Mentally, Spiritually, Socially

Author: Monica Reed, MD, Chief Medical Officer

Publisher: Hachette Book Group USA

Brief Description: In *Creation Health Breakthrough*, Dr. Monica Reed—Senior Medical Officer at the largest hospital in America—writes a radical prescription to achieve health and wellness for the #1 killer in America today . . . the Lifestyle Disease.

Content: Despite scores of new medical treatments and explosive technology gains, millions of Americans are suffering and needlessly dying from entirely preventable diseases—chronic diseases all linked to lifestyle choices. Today, 61 percent of all deaths in America are tied to the top three lifestyle-related diseases: cardiovascular disease, strokes, and cancer. Forty percent of these deaths are entirely preventable by making positive choices. Without question, lifestyle is the No. 1 “disease” and killer of Americans today—and there's no drug, treatment, or procedure to cure it.

In the *Creation Health Breakthrough*, Dr. Reed takes this “disease” head on and prescribes eight fundamentally powerful and scientifically proven essentials to reverse the negative effects of lifestyle, to prevent disease in at-risk people, and to ultimately achieve total health and wellness.

Avoiding fad diet advice or miracle drugs, Dr. Reed treats Americans right where they hurt—by combining the best of science, the best of faith, and the best of lifestyle. She helps readers to discover their own tremendous power to make life-changing choices and to harness the power of the mind, body, and spirit to live longer and feel fantastic.

Realizing the benefits and yet the tremendous challenge of lifestyle change, Dr. Reed will also share the successes and failures of her own health journey. In addition to proven principles for achieving whole person health, *Creation Health Breakthrough* features Dr. Reed's unique *3-Day Rejuvenation Therapy* and her *4-Phase Life Transformation Plan*. *Creation Health* is also being developed into several seminar formats of varying length to be offered at Florida Hospital and around the nation.

Available for the first time in book form, the complete *Creation Health Breakthrough* delivers the astonishing principles used as the blueprint for building the groundbreaking health-and-healing hospital known as Celebration Health—a facility dubbed “the hospital of the future” by the *Wall Street Journal*. To achieve this dream, Florida Hospital assembled a team of top health-care futurists, medical experts, and corporate leaders to work together to create this new model of wellness. Fortune 500 partners include Disney, General Electric, Philips, Cisco, Roche, and Johnson & Johnson.

Audience: General public—with a particular focus on Healthy Living/Wellness seekers, including: the 88 million American adults who use some form of alternative medicine; the 74 million Americans who self-treat before seeing a physician; the 300,000 people who die every year from obesity-related illness; and the millions of Americans devoted to the \$35 billion weight-loss industry (which has an expected annual growth of 6-8 percent). Already a \$200 billion business, the Wellness industry is transforming millions of lives. Millions more will follow as economists are predicting Wellness will grow to a \$1 trillion business within ten years.

Endorsement: “Most of us want a healthy, energy-packed life – but only a handful of us have learned how to get it. In The CREATION Health Breakthrough Dr. Reed proves to be both wise physician and master motivator.”

~ **Barry C. Black, PHD, D.Min., D.D., United States Senate Chaplain,
Rear Admiral (ret), US Navy , Author of *From the Hood to the Hill***

What Florida Hospital Can Offer:

- Medical experts on this topic or any medical topic you are doing a story on
- Dramatic interviews of people who have greatly benefited from the *Creation Health Breakthrough*
- Other medical professionals who may disagree with the principles from the CREATION acronym

Contact: Stephanie Rick, Publishing Marketing Manager with Florida Hospital
407-303-7536 or Stephanie.Rick@FIHosp.org
