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**PRESS RELEASE**

**For Immediate Release**

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**Forever Young at 50+**

100 Empowering & Uplifting Stories from Individuals Ages 50+

**Fort Lauderdale, Florida – September 1, 2010**– On Wednesday, September 1, 2010, International Holistic Center’s Dr. King hosted author , motivational speaker and Six Hearts Publishing CEO, Nina Hart on her radio show on 1470 WWNN. Mrs. Hart’s new book, [Forever Young at 50+](#), is not just a book, it’s a lifestyle. Mrs. Hart is determined to play a major role in the empowerment of individuals over 50 years old to reinforce that it is never too late to succeed and this is the perfect time to live their dreams and make a positive difference.

It was during the recent economic turmoil, when Mrs. Hart was negatively impacted by the downturn in the Real Estate industry, that she had a desire to embark on a project that she was truly passionate about. She had observed the effects of the recession, especially on the folks in her age bracket (50), depressed, moody, suicidal, weight gain, weight loss, divorce and foreclosures. She felt the need to jump in and do some damage control. Not caring that she needed help herself, she was committed to finding solutions.

Mrs. Hart’s goal was to motivate the 50+ community by sharing stories that literally transformed the lives of 100 individuals who hit rock bottom but refused to stay there. That was when the book, ‘Forever Young at 50+’ was born. Most folks will find stories in the book that mirror their own experiences. She hopes that people will “see how the individuals featured dealt with different situations and apply some of the principles to their own lives.”

Dr. Elizabeth King is one of the 100 individuals whose story is featured in this book. Dr. King founded International Holistic Center because of her personal quest for effective pain management after having 35 surgeries and being bedridden for almost 2 years, due to Polio. Now, the International Holistic Center is the destination for advanced integrative healthcare, holistic pain management and wellness services. Dr. King developed and coined the "health fusion" approach. She also hosts the “Health Fusion Hour,” a one-hour radio talk show with a holistic perspective. The show airs five times per week on WWNN 1470 AM and [www.WWNNRadio.com](http://www.WWNNRadio.com), the Health and Wealth station, on M, W, & F at 12pm (EST), Fridays at 3pm and Saturdays at 7pm. You can also listen to archived shows at [www.IHCHHealthFusion.com](http://www.IHCHHealthFusion.com).

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*For more information about Dr. King, the International Holistic Center or “Dr. King’s Health Fusion Hour”, call 954-903-9426, email [DrKing@IHCHHealthFusion.com](mailto:DrKing@IHCHHealthFusion.com), or visit [www.IHCHHealthFusion.com](http://www.IHCHHealthFusion.com).*