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HOLISTIC TREATMENT BOOK MAKES ITS DEBUT

FORT LAUDERDALE – An introduction to holistic treatments and their amazing power to improve our lives is the focus of a new book that will have its official debut on Nov. 15 at New River Fine Art on Las Olas Boulevard.

Dr. Elizabeth King, author of “Dr. King’s Simple Guide to Holistic Health: Lessons Learned from My Personal Journey,” is hosting the event and will sign copies of her book as she launches her book tour.

Dr. King is CEO and founder of the International Holistic Center in Fort Lauderdale. She is also a widely recognized wellness expert, holistic psychotherapist and hypnotherapist, speaker, coach and empowerment strategist. “The Wholistic Doctor,” as she likes to be called, has her own weekly radio show, “Dr. King’s Health Fusion Hour,” on South Florida’s WWNN-1470 AM and online at www.IHCHealthfusion.com.

In her book Dr. King, a survivor of childhood polio, tells the compelling story of how she came to embrace holistic treatments after 35 operations and two years of unrelenting pain. A few months after she started acupuncture, self-hypnotherapy and nutritional counseling, Dr. King was able to throw away most of her pain medication. Grateful for all the positive changes in her life, Dr. King opened the International Holistic Center as a way of giving back to the community and passing along the knowledge she has acquired about holistic healing.

The book continues her quest to bring basic knowledge of the holistic arts to a general audience. Interactive and reader/participant friendly, it includes a glossary of holistic terms to acquaint readers with the tools they need to live healthier and more fulfilling lives. Bonus pages provide a checklist for finding competent holistic practitioners, tips for assembling an individualized holistic team, and Dr. King’s own kitchen-tested recipe for creating your happiest life. If you suffer from chronic pain or depression, Dr. King has some advice that can help you cope without using drugs.

The VIP book launch, by invitation only, will be held at New River Fine Art, 914 E. Las Olas Blvd. in Fort Lauderdale. Sponsors are the International Holistic Center, Women’s International Holistic Council, New River Fine Art, Portside Realty and Panaretto Express. Dignitaries, community leaders, friends and family will be there to celebrate this special occasion.

A portion of the proceeds will be donated to Big Mama’s Team of Life, a charity founded in Fort Lauderdale by Essie “Big Mama” Reed that emphasizes education, social advancement and community involvement through values-based programs.