

Dr. Elizabeth King
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FOR IMMEDIATE RELEASE **Optimum Health at a Discounted Price**

FORT LAUDERDALE – What can you buy for 99 cents? Not much, not even a cup of plain old American coffee at Starbucks.

But for 48 hours on Nov. 1-2, you'll be able to get a copy of a terrific new e-book at the greatly discounted price of ... you guessed it, 99 cents.

The book is "Dr. King's Simple Guide to Holistic Health: Lessons Learned from My Personal Journey." Available exclusively from Amazon.com, its regular price is \$9.99.

The author is Dr. Elizabeth King, 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. She has her own weekly radio show, "Dr. King's Health Fusion Hour."

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 the power of 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.

A chorus of experts sings the praises of "Dr. King's Simple Guide to Holistic Health:"

- "If you or your family has not been adequately prepared to cope with an illness and the medical world has not provided you with the answers you need, then read on and prepare yourself with the wisdom contained in Dr. King's book. She has lived and experienced it firsthand."

--Dr. Bernie Siegel, acclaimed patient empowerment practitioner and author of "A Book of Miracles"

- "This book provides hope and strategies that will allow you to navigate your health challenges in life effectively."

--Les Brown, motivational speaker, speech coach and best-selling author

- "It's a must-read for anyone dealing with serious health issues and anyone who wants to learn more about the long-term effects of holistic therapy."

--Dr. Sonjia Kenya, founder of the South Beach School for Sensual Satisfaction

- "This book is an embracing gateway into the world of holistic health. Dr. Elizabeth King guides you through the maze and shows you how to find the help you need. "

--Kandee G, talk show host, author, speaker and founder of Nothing But Good News Media

So mark your calendars for Nov. 1st and 2nd to start shopping for everyone on your holiday list. Then, on those two days, jump on your tablet or laptop and go to www.amazon.com. Dr. King's inspiring e-book is just a click away. The more copies you buy for 99 cents, the more you can help fulfill her mission of enlightenment and empowerment.