



**For Immediate Release:**  
February 13, 2012

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**Integrative Health Care Physician Is on a Mission To Promote Self-Esteem and Health Education for Families through His Books and Apps This Valentine's Day**

(San Rafael, CA) Integrative health care physician, Elson M. Haas, MD is encouraging happiness and health for all families and children this Valentine's Day by promoting self-esteem and healthy eating habits through books and apps from Seasons Studios, the company that he created with long-time collaborator, Bethany Argisle.

On February 13-19, 2012, Seasons Studios is offering **50% off of *Anatomix Comix* and *Count Broccula*** books and sing-a-long CD for children grades K-3 that teach about eating healthy vegetables (before they eat you!), physical activity and healthy lifestyle decisions. The sing-a-long CD includes twelve original songs about the major body systems, such as "B-B-B-Bones," "Thump-Thump" or "You've Got a lot of Nerves." Parents and teachers alike appreciate the interactivity of these products because they get children excited to learn.

According to Dr. Haas:

"Low self-esteem and poor nutrition combined can lead to heart disease and other ailments. This Valentine's Day, I want parents to remember that teaching children to have loving feelings towards themselves and to nurture their own body with good food is a powerful way to show your love as well as prevent disease, keep their hearts healthy and improve your family's ability to perform well in work or school."

Visit [www.seasonsstudios.com](http://www.seasonsstudios.com) to take advantage of this discount offer, certain restrictions apply.

*Anatomix Comix* and *Count Broccula* are also available as storytelling apps for the iPad® and iPhone® on the App Store.

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**About Seasons Studios**

Seasons Studios is dedicated to educational entertainment for children and families in the areas of health, nutrition and the environment. Through its unique line of interactive books, music, apps and anatomy t-shirts and socks, it is their hope that children, the world's most important investment, will grow up to value their own health and that of the world around them. Seasons Studios was co-founded by Elson M. Haas, MD and children's author and storyteller, Bethany Argisle. To learn more, visit [www.seasonsstudios.com](http://www.seasonsstudios.com).

**About Elson M. Haas, MD**

Elson M. Haas, MD is the founder and director of the Preventive Medical Center of Marin in San

Rafael, CA. He is a best-selling author of such books as *Staying Healthy with the Seasons* and *Staying Healthy with Nutrition*, as well as an educator, combining his background as a physician with his creativity and passion for educating families about health and the environment. To learn more, visit [www.pmcmarin.com](http://www.pmcmarin.com) or [www.haashealthonline.com](http://www.haashealthonline.com).