



AUTHOR Q&A:

***Eat Well to Be Well* by Jan Tilley AUTHOR Questions and Answers**

1. Why did you write this book?

Eat Well to Be Well was written after many years in private practice caring for patients who were suffering from a variety of chronic diseases that were often a direct result of their poor lifestyle choices. Evidence-based research clearly indicates that most of the chronic disease we see as we age, including type 2 diabetes, cardiovascular disease, gastrointestinal disorders, arthritis, and cognitive decline, can be directly related to inflammation. The most effective tool for decreasing chronic inflammation is to maintain a healthy weight, choose more anti-inflammatory foods, decrease consumption of saturated fat and eliminate highly processed foods. It is my hope that this book will give the reader a toolkit to help implement a healthy balanced lifestyle.

2. What are the useful sections of this book?

In my opinion the most useful part of this book is the chapter on how to design your own anti-inflammatory eating plan. I have provided sample meal plans, snack lists, suggested herbs and spices to enhance absorption of anti-inflammatory properties, as well as a healthy pantry list. I've also included a section where the reader can evaluate their personal inflammation status. There are over 100, tried and true, anti-inflammatory recipes that will inspire even the beginning cook to create delicious, healthy meals.

3. What is your favorite part of the book?

My favorite part of the book is the research behind the information I've shared. This is my third book and definitely my most difficult one to write because of the hours of research, followed by the additional painstaking process of presenting the information in a format that is easily read and understood. I also loved sharing some of my favorite recipes, allowing me to showcase the fact that healthy can be delicious!

4. If you could invite a reader to engage with one step from your book what would it be?

I would love for readers to truly understand that food is medicine and that it has an amazing power to heal, repair and maximize the human potential. So often people suffer through chronic illness not realizing that health and energy are within their reach if they will make the CHOICE to eat, sleep, move and manage their stress. This book gives a step-by-step guide on how to make *healthy* happen.

5. How do you apply research to your content?

Every bit of content in my book is a result of hours of investigation into the most cutting edge information available on the topic of practicing an anti-inflammatory lifestyle. Not only have I crafted ***Eat Well to Be Well*** based on research, I have utilized it in my private practice for over 10 years. During this time I've had the privilege of refining my recommendations to effectively change lives and give people a second chance at health.

6. How does this book relate to your first two books?

In my first book, ***Getting Your Second Wind***, I share my personal story and patient stories on how to find the courage and motivation to make a healthy lifestyle changes in the way you eat, exercise, sleep and manage stress. My goal with this book was to inspire readers to learn from myself and others the importance of making healthy lifestyle choices to achieve health.

I wrote my second book, ***Healthy Meals for Hurried Families***, to encourage busy families to take time to gather around the dinner table once again. As the single mom of four kids, I experienced the challenge of

preparing dinner for a house full of hungry kids after a long day at work. Looking back now, I believe these hectic family meals were our greatest opportunity to touch base with each other, to laugh and to connect. Publishing this book of easy to prepare family-favorites has been a long time dream of mine to share with busy families everywhere. The recipes are complete with nutrition analysis, and are labeled for heart healthy, diabetic friendly, gluten free, high fiber and kid-friendly.

My newest book, ***Eat Well to Be Well***, is the next step in how to seek a healthy balanced life. In the book, I provide tools to help readers make healthy changes in how they eat, exercise, sleep and manage stress. Research reveals that by taking charge of these four areas we can reduce chronic inflammation to help maintain good health and longevity. This book is a toolkit to guide readers to use food as medicine to live the very best life possible through the power of the anti-inflammatory lifestyle.

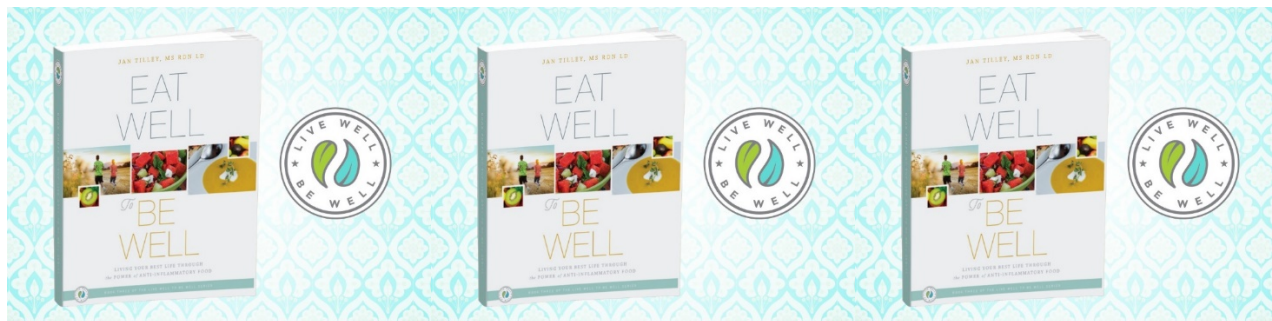
7. What do Barbara Bush and Ed Whitacre say about your book?

I am pleased and honored to have my book **endorsed** by a number of **scientific experts** and **national thought-leaders**.

Barbara Bush, First Lady of the United States, 1989-1993 says, “Jan has done extensive research to help patients choose a well-defined path to good health. I know readers will find her ideas invaluable. Our Texas roots steer us towards helping people and Jan’s book will help others weave the anti-inflammatory lifestyle into their busy lives.” **Ed Whitacre**, Chairman Emeritus, AT&T and GM says, “I have spent years working with executives and associates with entrepreneurial can-do-spirits. These traits are strongest when individuals have done what it takes to maximize their health. I recommend Jan’s book and suggest others experience her ideas by applying them to their wellness plan. I do!”

8. What’s next, Jan?

I love teaching and inspiring people to improve their health and wellbeing by making wise choices in how they eat, exercise, sleep and manage stress. I am very committed to helping my people take charge of their health to “age” well. I think a book on ‘aging well’ will be my next project but first I look forward to sharing the motivational message of ***Eat Well to Be Well*** around the world!



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About Jan Tilley and JTA:

Jan Tilley, President and CEO of JTA Wellness, is a registered dietitian and national leader in nutrition counseling, wellness and chronic disease management. Her private practice, JTA Wellness, includes a team of professionals who work with patients using an evidence-based approach to wellness. Holding an MS in nutrition, Jan has over 20 years of experience in the food and nutrition industry. In 2014 Jan received the National Association of Women Business Owners Entrepreneurial Spirit Award. Jan has written numerous books including ***Getting Your Second Wind*** and ***Healthy Meals for Hurried Families***. ***Eat Well to Be Well***, her third book, focuses on empowering readers to live their best life through the power of embracing an anti-inflammatory lifestyle by making wise choices in eating, sleeping, exercising and managing stress.