



Eat Well to Be Well by Jan Tilley - FACT SHEET

What:

Eat Well to Be Well is a powerful toolkit to help healthy people get healthier and the chronically ill get better. The book includes actionable wellness tools and provides readers specific and useful information based on research and strategies Jan and her clinicians use with their patients.

Who:

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 a research-based approach to wellness. Holding an MS in Nutrition, Jan has over 20 years of experience in the food and nutrition industry. Jan has written numerous books including ***Getting Your Second Wind*** and ***Healthy Meals for Hurried Families***. Her third book, ***Eat Well to Be Well***, focuses on empowering readers to live their best life through the power of embracing an anti-inflammatory lifestyle making wise choices in how they eat, sleep, exercise and manage stress.

When:

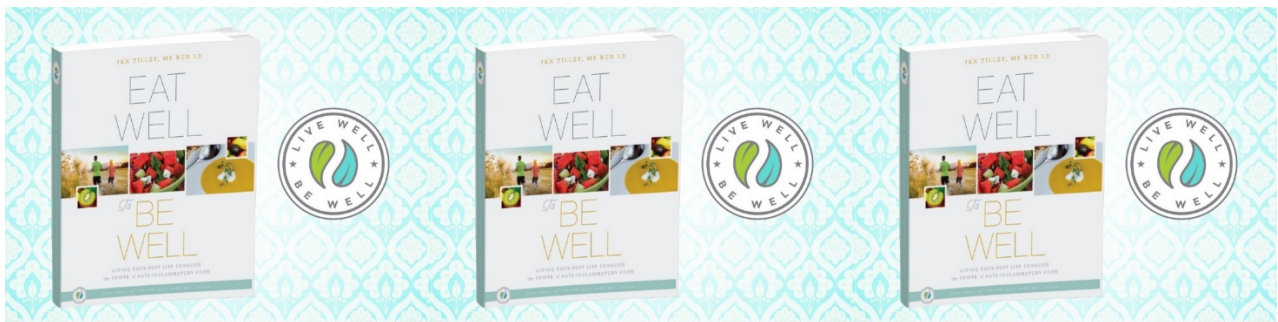
Now!

Where:

Eat Well to Be Well is available today on www.JTAWellness.com, Amazon and in all **major book stores** (Barnes & Noble, Books-A-Million, Airports, Book World, etc.) as well as online in an **e-book format** on Kindle, Nook, iBook, Google Books, etc.

Why:

Eat Well to Be Well is an evidence-based toolkit providing readers a step-by-step guide to creating a healthy, balanced lifestyle. It has been proven that chronic inflammation can be reduced by making wise choices in how we eat, sleep, exercise and manage stress, in addition to reversing chronic disease.



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