

FOR IMMEDIATE RELEASE

Hidden Fuel Our Body Craves... Announcing The Food Codes™ Top 10 Energy Foods eBook; Secrets to Eat Your Way Out of Pain by Nutrition Intuitive, Lana Nelson

April 26, 2018 – Living without pain is something many people have given up on. Yet, one food pioneer, Lana Nelson, shatters the myth that we must live in pain as we grow older.

“I discovered a direct connection between the foods we eat and our health and well-being. I also discovered that what may be a good food for one person, may not be good for someone else. This fascinated me because it went against conventional wisdom of the “one size fits all” about healthy foods being universally good for everyone,” Lana says.

Eating healthy, and living without pain, is not about subscribing to the latest fad diet, starving yourself to fit into that dress that should have long ago been tossed out, or sustaining your health on rabbit food. It’s about knowing your own body code and eating what’s right for you.

Enter medical and nutrition intuitive, Lana Nelson. What began as a journey to address her own health issues became a life calling. Living with daily headaches, Fibromyalgia and constant pain in her thirties, Lana searched high and low for the answer.

Discovering the solution was right in front of her the entire time, Lana began a lifelong journey into the healing aspects of food.

The Food Codes™ chronicles Lana Nelson’s three-decade journey into health, energy medicine, the connection between mind, body and soul as well as how emotions have a direct impact on our food choices.

The Food Codes™ Top 10 Energy Foods eBook; Secrets to Eat Your Way Out of Pain is available at no cost from Lana's website at www.thefoodcodes.com

About Lana Nelson

As a Certified Emotion and Body Code consultant, Lana Nelson has developed one of the easiest techniques on the planet to help anyone discover what foods really are "good for you!" Good for you personally, right now.

Lana has used her technique since the early 90's and uses emotional clearing and energy healing techniques as well as Quantum Biofeedback Technology.

Lana is also a Licensed Massage Therapist as well as a Reiki Master Teacher who counsels in nutritional, herbal, and homeopathic therapies. Her focus is on individuals, couples and families who struggle with food, health, and emotional problems.

In her spare time, Lana is wife to Dr. Bruce Nelson, mother to 12 adult children and grandmother to 38. She loves to hike and garden and of course, experiment with food. The Food Codes is available on Amazon.

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Editors: To arrange for an interview with the author, please contact Lana Nelson at 406.270.7962 or email at lananelson1@live.com