



Food Intuitive, Lana Nelson, Shatters the Myth that Diets are a “One Size Fits All” Formula

“Let food be thy medicine and medicine be thy food.” Hippocrates.

Words to live by, yet many people are dying by the food choices they make. Rather than making sensible choices, most people choose the next fad diet. Yet, most will not get the results they hope for. If anything, they get fatter and sicker with each passing day.

Dealing with her own issues around food, Lana Nelson, began a journey of discovery that turned into her life’s work.

Diagnosed with a serious “incurable” illness and dealing with years of chronic pain, Lana was determined to find the cause and solution.

After years of trial and error, Lana Nelson discovered the solution was as close as her kitchen cabinets and refrigerator.... food.

Going from daily pain, to living pain free, Lana was determined to share her message near and far ... which she has. Teaching thousands of people every year how to heal themselves with food, Lana is more determined than ever to reach the masses with her message.

Lana 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 is an emotional and intuitive holistic energy practitioner.

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

Lana's husband is Dr. Bruce Nelson a holistic Chiropractic physician and pioneer in the field of energy medicine. They have a family of 12 adult children and 33 grandchildren. She loves to sail and photograph the wild beauty of her home in Montana, and of course cook and create delicious magic with food. Her newest book, ***The Food Codes, Intuitive Eating for Every Body***, is available on Amazon.

The Food Codes, Intuitive Eating for Every Body, gives a way of living and relating to food that has been desperately needed. You don't have to be pulled this way and that by the constantly changing ideas of science (and your friend's opinions) about what foods are good for you and what foods are not. Everyone is different, and that's what makes Lana's book so eminently useful. **The Food Codes** shows how to simply ask your body what your body wants and needs. What a concept! Change your relationship with food entirely, stop listening to others and never, no never, diet again!

If you would like to have Lana Nelson on your show for a powerful, insightful and timely interview, please send an email with the name of the show, your contact information, a proposed date and time, and the calling details.

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