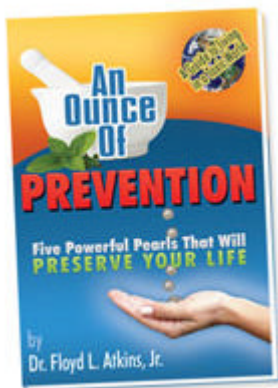


FOR IMMEDIATE RELEASE



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New Book by Dr Floyd Atkins Promotes True Prevention of Illness vs. Screening for Disease

Houston, TX (January 2, 2010) – Seventy-five percent of all diseases are preventable according to current health statistics, so why then does our healthcare system focus on treatment rather than prevention. Treatment of cancer, stroke, diabetes and heart disease, all preventable, make up 70-80% of health care cost. The real “cure” for these diseases is not diagnosis & treatment, not early detection, but prevention.

After 5 years of exhaustive research, Dr Atkins’ book, **"An Ounce of Prevention" -- Five Powerful Pearls That Will Preserve Your Life"** serves a handbook that offers specific solutions to avert and reverse health challenges. This book is a “guide to prevention”, an "anti-disease" handbook - helping people to navigate the toxic terrain of today's world and to choose a safe, healing lifestyle. It gives concrete answers for avoiding and eliminating illness, de-stressing your life and establishing a healthy non-toxic home environment.

Our world today has become a maze of impending health challenges manifesting as hypertension, diabetes, heart disease, autoimmune disorders, digestive disorders, anxiety and depression just to name a few. Any one of the “Five Pearls of Prevention” covered in his work can be life-saving and life-changing by its own individual merit. Crucially addressed are the common pitfalls brought on by poor food and lifestyle choices, a toxic environment and the wealth of health misinformation.

"An Ounce of Prevention - Five Powerful Pearls That Will Preserve Your Life"

is designed to be a starting point to optimal health, wellness and healing. Whether you are experiencing health challenges or feel you are in perfect health, this book is for YOU!

Dr. Floyd Atkins is a graduate of Morehouse College, Class of 1975, a 1982 graduate of the Ohio College of Podiatric Medicine and Board Certified in Foot Surgery in 1990. In 1996, he became an advocate for spiritual and physical wellness in the effort to connect the dots between mind, body and spirit. He retired from traditional practice in 2003 to fully devote his time to the vision of prevention and wellness. He is currently a wellness educator and consultant, author, national and international speaker focusing on prevention and total wellness.

If you interested in wellness workshops, seminars or a speaker for wellness presentations, corporate or social, please call (713) 520-9611.

The time has come to experience a change. Don't wait for the shoe to drop!

Knowledge is Power!

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