



Contact: Susan Greteman, public speaking manager, [susan@truewellbeing.net](mailto:susan@truewellbeing.net) tel 713 805 4397

Life never slows down. We are in the age of finding well-being and happiness, but who has the time to find it?

As a nurse, nationally recognized author, and spokesperson for healthy living, Irvine's approach to health and happiness stems from a firm grounding in Western medicine that is combined with a healthy, holistic way of being. Through her book, speaking engagements, website, media appearances, national blogs and radio show she inspires many thousands every month in practical yet simple ways to create a healthy, happy life. Her book, ***Healthy Mother Healthy Child creating balance in everyday life***, (Whole Health Publishing April 2007) teaches families practical ways to build healthier lifestyles. Simple language combined with beautiful photographs Irvine invites her readers to engage in yoga, breathing techniques, meditation, creative expression, and wholesome nutrition.

***"I love this book! It goes right to the heart of how we can make the world a healthier, happier place for our children. Irvine's passionate dedication to the welfare of all children (and their mothers) radiates through this entire book."***

***- Denise Linn, one of Oprah's best selling authors***

Recently sponsored by Tyson Chicken, Campbell's Soup and California Pistachios Irvine presented a ten-city national morning TV tour, *Healthy Living with Beth Irvine*.

***Anytime you're in the state, you're more than welcome to come on the show. Intelligent, pretty and delightful makes for great TV! Best wishes for great success, Scot!***

***-Scot Haney, CBS Better Connecticut***

### **Elizabeth Irvine, BSN**

Beth Irvine is a nurse, mother of three, and nationally recognized author of ***Healthy Mother Healthy Child: Creating Balance in Everyday Life***. She also is a media spokesperson for healthy living, teaching mothers (and everyone else) practical ways to build healthier lifestyles. With twenty-five years of health care experience, Beth is a contributor/expert to the national websites [www.momcentral.com](http://www.momcentral.com) and [www.healthcentral.com](http://www.healthcentral.com) She appears [regularly on TV](#) across America, and her weekly web-based radio show, [Creating Healthy Balance Everyday](#) is consistently rated in the top eight shows with 2.3 million listeners more info at <http://www.truewellbeing.net>

Hardback \$24.95 ISBN 0-9776178-0-7 Paperback \$19.95 ISBN 0-9776178-1-5 8x8"

Distributed by IPG (formerly Chicago Review Press) books

ForeWord Magazine's Parenting Silver Award Book of the Year