

April: National Stress Month

Eat Well to Be Well Includes Tools to REDUCE STRESS

PRESS RELEASE - For Immediate Release

San Antonio, TX (April 12, 2016) - Jan Tilley discusses STRESS in her newest book, ***Eat Well to Be Well . . . Living Your Best Life Through the Power of Anti-Inflammatory Food.***

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

“Writing ***Eat Well to Be Well*** gave me the opportunity to showcase how learning to manage stress in combination with making healthy food and fitness choices, as well as getting a good night’s sleep is the secret to creating health and wellbeing,” explains Tilley.

According to a recent Forbes article by Christine Cater, “Millennials may be more cognizant of stress and its impact on one’s physical and mental health, but stress is definitely a problem that reaches across all generations.”

People dealing with a chronic illness or those who simply want to proactively live their best lives will find ***Eat Well to Be Well*** a well-researched, step-by-step guide to reducing inflammation and maximizing health. The key to wellness is held in reducing chronic inflammation through balanced nutrition, moderate exercise, managed stress, and high-quality sleep. Jan invites readers to reconsider their routine. She suggests a reasonable and habitual sleep hygiene plan is very important - including journaling and 8 hours of sleep a night. Commit to putting away technology at least one hour before going to sleep and during the day escape from it.

Readers are continually reminded that food is medicine; never miss meals, eat protein every three hours and control your blood sugar levels to avoid dips in energy.

Taking time to exercise, even moving frequently during a sedentary office day will help reduce stress. Build short walks into your day even at the office. Wellness in the workplace is important but it is also important to “check out” of the office and leave work behind for other activities. These ideas and many more are easy and practical tools in *Eat Well to Be Well*.

Jan’s new book, *Eat Well to Be Well* also has recipes to help with stress. Delicious recipes, photographs, shopping lists, and other practical tools are included in *Eat Well to Be Well* to help readers seamlessly weave the anti-inflammatory lifestyle into their everyday life.

Visit JTAWellness.com to see Jan’s weekly blog, as well as additional recipes, resources and to sign up for the JTA lifestyle newsletter.

Contact: Jan@JTAwellness.com or Diane@bounceology.com for press interviews or for an electronic copy of the book for reviews.

About Jan Tilley and JTA: 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 an evidence-based approach to wellness. Holding an MS in nutrition, Jan has over 20 years of experience in the food and nutrition industry. In 2014 Jan received the National Association of Women Business Owners Entrepreneurial Spirit Award. Jan has written numerous books including *Getting Your Second Wind* and *Healthy Meals for Hurried Families*. *Eat Well to Be Well*, her third book, focuses on empowering readers to live their best life through the power of embracing an anti-inflammatory lifestyle by making wise choices in eating, sleeping, exercising and managing stress.

