

New And Upcoming Wellness Author Strives For Global Health Transformation

Pizza, Beer and Yoga - Achieving Total Balance!

TAMPA, FL, USA, June 29, 2015 /EINPresswire.com/ -- From new and upcoming wellness author Michael Tamez; a certified Wellness Coach, comes a groundbreaking and progressive guide that will facilitate the health transformation of people worldwide. Transformative Nutrition: The Ultimate Guide to Healthy and Balanced Living is a health coaching guidebook designed to transform every aspect of your life.

Michael Tamez is a certified Holistic Health Coach and research fanatic. He has a burning passion for empowering people to live their lives to the fullest potential. His book is based on his own experiences of reversing serious health issues such as obesity, sleep apnea, and gum disease. He shares intimately about his self-realization of the deep seeded issues that contributed to his health conditions, and how he used this knowledge to transform his life.

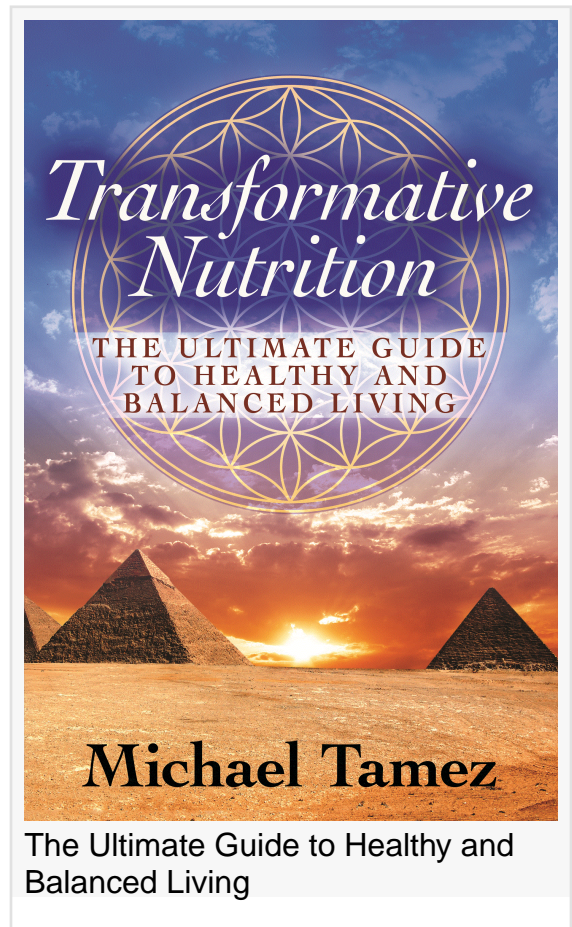
Transformative Nutrition: The Ultimate Guide to Healthy and Balanced Living was written for people who want to learn how to have a functional and balanced relationship with their body in every way. Tamez inspires readers to question their thoughts and emotions so they can discover the root of

all their health issues. The book is designed to cause a permanent shift in the way people eat, think, feel, and live. He shares practical, yet simple solutions to creating a healthy and balanced lifestyle.

This powerful guide is ideal for a time when people are currently experiencing the highest rates of obesity, diabetes, and unhealthy, imbalanced living. Tamez says: "I am on a mission to influence health transformation on a global scale. Because of this positive projection, my book will be published and distributed worldwide"

For more information about Transformative Nutrition: The Ultimate Guide to Healthy and Balanced Living, please visit <http://transformative-nutrition.com/> or contact Michael Tamez at michaelt@transformative-nutrition.com or 941-268-3949.

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