

Weight Loss to Longevity Blog Announced by Hollywood Agent Shielia Erickson

Actress and Hollywood agent says natural weight loss is the way to live healthier and live longer. Her blog offers free help.

SALT LAKE CITY, UTAH, UNITED STATES, April 29, 2016 /EINPresswire.com/ -- Natural weight loss is the way to a healthier life, which also means living a longer life, according to Shielia Erickson, an actress and Hollywood agent.

Erickson is passionate about helping people live healthier, happier lives and has created a new blog to provide free information to guide anyone who is ready to change their life. The blog is www.WeightLossToLongevity.com, and it already has many followers.

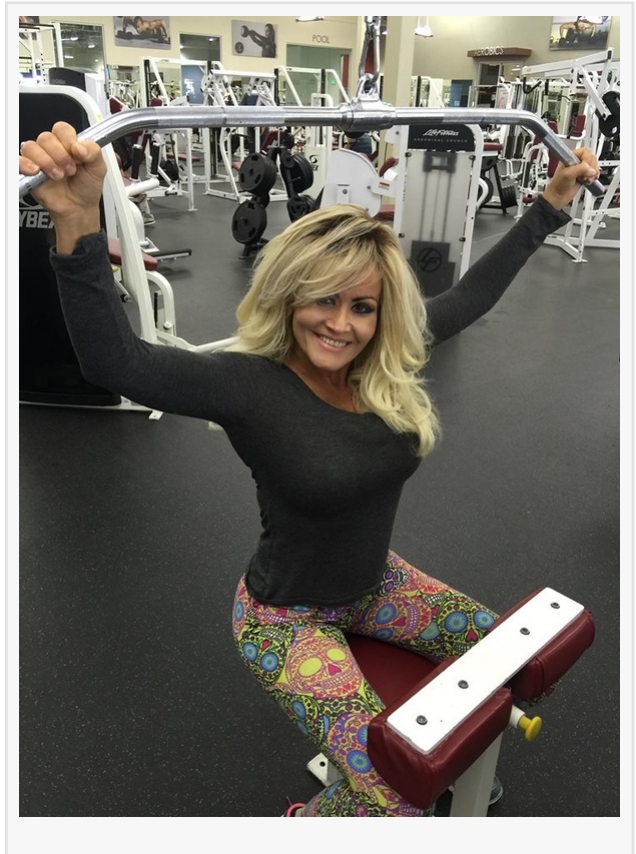
"I am the mother of seven wonderful children. I lost one of my daughters when she was 25. Then my health declined. I learned that emotions affect our physical being. I then began my search for healing," explained Erickson.

She is now a wonderful example of health, wellness, and happiness. She is actively helping others to find that same level of health and happiness that she has achieved. Her blog is just one way she is helping to change the lives of others for the better.

The blog has free information to help people improve their overall health and well-being through weight loss, nutrition, and advice. It contains many informative blog articles, recipes, and videos to make it easy for anyone how to lose weight, find solutions to poor health, and live longer.

"I found that when I focused on losing weight it was a battle I always lost. Then when I began educating myself on being healthy, the weight just fell off, and it was not a big deal any more. I looked and felt so much better. My headaches went away, my swelling and water retention left, and my moods improved. I give most of the credit to educating myself as well as to essential oils and juicing," she explained.

The advice available on the www.WeightLossToLongevity.com blog is based on personal experience and the health and wellness education Shielia Erickson has gained over many years, and it comes from the heart. There are many testimonials from people she has helped on the blog, and she says their happiness is what makes it all worthwhile.



Shielia Erickson
Weight Loss to Longevity Blog
(801) 557-4782
email us here

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