

Transforming Health from the Inside Out: Dana Medlin Unveils New Book and Superfoods Line

NEW YORK, NY, UNITED STATES, June 24, 2025 /EINPresswire.com/ -- Dana Medlin, Founder and Chief Wellness Officer of Medlin Holistic Health, recently announced the launch of two new offerings designed to help individuals achieve optimal health through functional nutrition and evidence-based behavior change strategies. The holistic wellness practitioner has released "[The Empowered Eater!](#) Transform your health with functional nutrition and behavior change," now available on Amazon, alongside a new Organic Superfood Nutrition line and [Ultimate Lifestyle Transformation program](#).

The new book provides readers with practical guidance on implementing functional nutrition principles and sustainable behavior change techniques. The publication addresses the growing need for accessible, science-based wellness resources that empower individuals to take control of their health journey.

Complementing the book launch, the National Board Certified Health and Wellness Coach and Functional Nutritionist, has introduced an Organic Nutrition product line, demonstrating that eating healthy can be affordable and accessible. The Ultimate Lifestyle Transformation program shows consumers how natural foods can support healing, gut health, and overall wellness transformation.

Dana Medlin's approach integrates personalized functional nutrition plans with evidence-based behavior change strategies, addressing physical, mental, and emotional well-being. This holistic



Medlin Holistic Health

methodology focuses on empowering clients with knowledge and tools needed to make informed health decisions and sustain healthy habits long-term.

Both the book and product line reflect Medlin Holistic Health's commitment to making wellness education and resources widely available. The Organic Nutrition products and Ultimate Lifestyle Transformation program are now available through the [Medlin Holistic Health website](#).

About Dana Medlin

Dana Pepper Medlin is a National Board-Certified Health & Wellness Coach, Functional Nutrition Practitioner, and Behavior Change Specialist with a passion for helping others reclaim their health through food, lifestyle, and mindset. Dana's approach is rooted in the belief that lifestyle and behavior changes can pave the way to optimal health. Through a holistic approach, her private wellness practice, Medlin Holistic Health, offers comprehensive wellness plans tailored to each individual's specific needs.

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Medlin Holistic Health

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