

Rereleased Book, The Nutritional Handguide, Delivers 50 Essential Health Tips for Healthy Aging

The Book Also Includes Must-Read Nutritional Tips for Anyone who Drinks Alcohol or Smokes Anything

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This Nutritional Handguide is more than a health and wellness guide — it's a lifestyle shift backed by real science and real results.”

J.E. Miller

WASHINGTON, DC AREA (August 15, 2026): Health researcher J.E. Miller announces the release of The Nutritional Handguide: 50 Ultimate Health Tips for Healthy Aging – Including Vital Tips for Anyone Who Drinks Alcohol or Smokes Anything, a practical health and wellness guide designed to help readers make informed nutritional choices, support healthy aging, and improve everyday

vitality. Particular attention is given to nutritional tips that may be overlooked by people who drink alcohol or smoke anything.

The 294-page health book draws upon more than 700 research studies and more than 30 years of practical experience in nutrition, wellness, and preventive health. Written in an accessible, easy-to-understand format, The Nutritional Handguide presents 50 actionable health tips intended to help readers incorporate healthier habits into their life one day at a time. And the beauty of it, each tip takes around 5 minutes to read.

“Health doesn't have to be complicated,” says author J.E. Miller, “The goal of The Nutritional Handguide is to make important health tips easier to understand and apply.”

50 Health Tips in One Comprehensive Guide

The book is built around the idea that small, consistent choices can contribute to short- and long-term well-being. Its central wellness philosophy is captured in the message: “A tip a day helps keep old age at bay.”

Among the health tips explored include:

- Eating and drinking healthier
- Combating premature aging
- Using raw vegetables as a life insurance policy
- Understanding nutritional tips for alcohol consumption and smoking
- Preventing and recovering quicker from hangovers
- Supporting healthy liver function
- Ending heartburn naturally
- Managing stress
- Improving sleep
- Boosting and maintaining a brain health
- And so much more

Few Customer Reviews

- Wow! 10 stars! I'm really excited about this book! The information and suggestions it gives you on healthy foods and vitamins that works best for certain issues and it explains why they work. I'm already impressed with this book. Finally an Easy to read and understand with simple explanations with out getting highly detailed or complicated. Short and to the point but thorough explanations about what vitamins or foods help for everyday problems. Like Heartburn, Blood pressure, weight loss, and much more. Lung's, liver Heart ex: Has a little of everything from what I've observed so far! I've only just started and I've already ordered Grape seed abstract and I will eat the veggies & fruits that is recommended. Don't pass it up. Best \$20 you'll ever spend.

- A Must Read! The first page of this book sucks you in and you want to go for the highlighter. There's so much important information in this book. If you want to live longer, live smarter and look better and slow the aging process you need this book. Just ordered some of the things recommend in the chapters. This is a life changer!

- Best book ever! I recommend this book to anyone that wants to change their lives. This book has so many tips about living a better life.

About the Author

J.E. Miller, the author of The Nutritional Handguide, is a health researcher with over three decades of experience studying the science of nutrition, wellness, and preventive health — and not just as a researcher, but as someone committed to living what they teach. Over the years, he has reviewed hundreds of research studies and experimented with countless nutritional strategies, all with one goal: to help people take control of their own health. Hence, The Nutritional Handguide is the culmination of decades of work, offering readers a practical, empowering roadmap to healthy aging, boosting vitality, and preventing disease. He follows the advice of Hippocrates (460-370 BCE), the father of modern medicine, who proclaimed: "Let thy

food be thy medicine and thy medicine be thy food.”

Availability

The Nutritional Handguide is now available for sale online almost everywhere, including Amazon, Barnes & Noble, Books-A-Million, Walmart, and Bookshop. Plus, it's also for sale online at most independent books stores.

Paperback \$16.99 - Hardback \$26.99 - eBook \$6.99

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