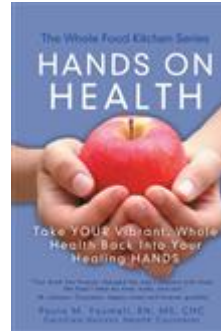


For Immediate Release

Contact: Paula M. Youmell
Hands On Health Holistic Healing
315-265-0961
pyoumell@gmail.com

***Hands On Health:******Take Your Vibrant Whole Health Back Into Your Healing Hands***

Local RN, Teacher-Health Coach writes book on healing body, mind, and spirit.

Paula M. Youmell, of Hands On Health Holistic Healing, Potsdam, has trained in many areas of healing the mind, body, and spirit ; including natural health, herbs, reiki, yoga, holistic coaching.

Youmell, a native of Brasher Falls, trained at SUNY Canton, SUNY Cortland and Syracuse University and received certifications through Integrative Nutrition for Health Coaching, The School of natural Healing and Sage Mountain for Herbalism. She has been a long-time advocate of healthy living practices, from her time as a labor and delivery nurse in Potsdam to teaching Health and P.E. at the Canton Central School District in the 1990's and Parishville School, 2009-2011.

"Hands On Health: Take Your Vibrant Whole Health Back Into Your Healing Hands" is Youmell's first in an expected series of books.

It is an extension of her business that entices her clients to eat healthier; move their body more frequently; get outside into the natural world we are inherently a part of; sleep better; and take wholesome care of the body, mind, and soul.

"This book was written for me, wasn't it? You have ruined me for the Standard American Diet (SAD). And, for the record, I am so glad"
Kelly Burnham, Editor and whole food enthusiast

The book can be purchased locally through:
Youmell's business, Potsdam; Nature's Storehouse, Canton;
New Possibilities Acupuncture, Colton; Helen Kenny – Massage Therapy,
Hannawa Falls; and the Potsdam Food Coop, Potsdam.

The title is available by mail order through Amazon.com,
BarnesandNoble.com, and BalboaPress.com using ISBN number 978-1-
45256-590-3. As an advocate of buy-local initiatives, the author
encourages ordering through local bookstores.

Proceeds from this book will be used to support three local non-profits:
Little River Community School, GardenShare, and the Local Living
Venture. These agencies support healthy children, local food, and
sustainable communities.

Inquiries about the book can be made at www.HandsOnHealthHH.com or
pyoumell@gmail.com

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The Whole Food Kitchen Series

HANDS ON HEALTH



Take YOUR Vibrant, Whole
Health Back Into Your
Healing HANDS

*"Your book has forever changed the way I interact with food;
the food I feed my mind, body, and soul."*

M. Johnson, Counselor, happy client and forever grateful

Paula M. Youmell, RN, MS, CHC
Certified Holistic Health Counselor