

HEALTH



Local author: Ahwatukee Foothills resident and health expert Paula Owens released *The Power of 4* in December. A

book she says can guide readers to a healthier lifestyle.

Community Focus, pg. 12

HEALTH



Holistic nutritionist Paula Owens, author of the book *Power of 4*.

Pete Pallagi/
AFN

Resident releases book on health, nutrition

By **TRAVIS ROEMHILD**
AHWATUKEE FOOTHILLS NEWS

It is that time of year again. We all get a clean slate and another chance to better ourselves for the upcoming year as Jan. 1, 2009 rolls closer.

But, if you are one of those people that undertake your "I'm going to be healthier, I'm going to get in better shape this year" New Year's resolutions, only to ditch them at the first chance, an Ahwatukee Foothills author might be able to help you keep your goals in sight, and not wait until 2010 to try again.

Paula Owens, who has 30 years of experience in holistic nutrition and fitness, among other areas, guarantees her book, *The Power of 4*, can help a person become healthier and transform their life for the

better, if they can stay motivated that is.

The four elements mentioned in the title are holistic nutrition, lifestyle, exercise and supplements. If balanced properly, Owens says they can positively affect four categories of a person's life.

"This book is for anyone interested in their health, vitality, longevity and fat loss," Owens said. "It contains a vast amount of information that people need to be aware of."

The book features an in-depth look at holistic nutrition and how eating properly and staying away from things like preservatives, artificial coloring and sweeteners and MSG can be a great first step in the right direction.

Placed throughout the book are Winning Formulas, small goals Owens says are the foundation a healthier lifestyle can be built upon.

"The concept of the book is to select two Winning Formulas every week and then the following week, you add two more," she said.

An example of a Winning Formula, to lower cholesterol levels naturally is to eat "more high quality fats such as coconut oil, avocados, extra-virgin olive oil and supplementing with high-grade omega-3 fish oil."

Owens said in order to fully retain the potential of the methods described in her book, a person must be willing to first make a change to their lifestyle.

"It's not just about eating less and exercising your brains out," she said. "It talks about goal-setting and what it takes to reach those goals."

Owens has a master's degree in holistic nutrition, a bachelor's degree in Kinesiology and numerous other nutrition and fitness certifications.

This is second edition of *The Power of 4* and is available for purchase on the Amazon Web site for \$18.95. Owens said it should be available at bookstores around the Valley in the coming weeks. Find out more about Owens, her work and her book at www.paulaowens.com

She will also be hosting a seminar on Jan. 10, entitled "10 Day Detox Challenge Seminar," at the Chandler Police Station, 251 N. Desert Breeze, from 9 a.m. to noon. The tuition is \$59.