

FEEL GREAT & LIVE LONGER JASON SHON BENNETT

*“You always have a choice, either make time for sunshine, exercise, flexibility, walking in nature and preparing healthy foods . . . or make time for doctors’ bills, long hospital stays, medication, low energy levels, loss of mobility and sickness.” – Jason Shon Bennett, *Feel Great & Live Longer**

New Zealanders are dying now from mostly preventable illness: heart disease, obesity, diabetes and lifestyle cancers of the breast, bowel, liver, lung and prostate. These can all be prevented, says health researcher and author Jason Shon Bennett, but there are no silver bullets or magic pills that fix lifestyle diseases. You simply cannot eat yourself sick and then expect to drug yourself well.

Jason Shon Bennett has been researching health and wellness for more than 30 years and has devoted his life to teaching people how to live long, healthy lives, free from drugs and disease. He lives by the philosophy that you can transform how your genes express themselves, simply by changing what you eat, drink and do every day.

Jason Shon Bennett is living proof, having cured himself of asthma, hay fever, skin, bowel and digestive problems in his twenties. Now 50, Jason is the healthiest he has very been, not least, asthma-free and on no medical drugs. Jason has not had a cold, flu, cough, bug or virus for 25 years and he did it the natural way, through changing his diet, lifestyle, environment, attitude and habits.

Heart disease can literally be ‘grown’ by diet and lifestyle choices and can also be reversed by diet and lifestyle choices. Jason Shon Bennett points to a balanced lifestyle, plant-based diet, regular fasting, daily exercise and not drinking or smoking, to optimise our health, energy and disease-free longevity.

Jason Shon Bennett has condensed the best of his advice and philosophy into easy to use handbook, *Feel Great & Live Longer*. His book is mandatory reading for anyone looking to transform themselves back to exceptional health; whether they want to have abundant energy, lose weight, look younger or dramatically increase their odds of living a long, healthy life.



ABOUT THE AUTHOR

JASON SHON BENNETT has a huge international following and is the best-selling author of *Eat Less, Live Long®* (2014) and *My 20 GOLDEN Rules®* (2015), and the creator of *Regular Intelligent Fasting®*. Jason is the co-director of The Exceptional Health Company alongside his wife, wholefood chef Tracey Bennett. Jason lives in Auckland and is the proud father of four children, and one grandchild.

JASON SHON BENNETT IS AVAILABLE FOR INTERVIEW / EXTRACTS ARE AVAILABLE ON REQUEST

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