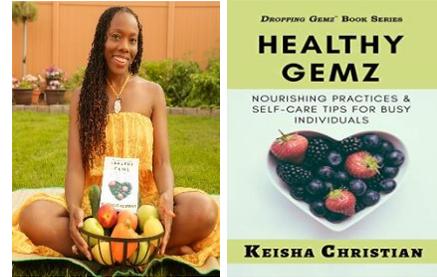




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New York City's Holistic Lifestyle Coach Drops Powerful Health Gems in New Book to Help Busy People Improve their Lifestyle

QUEENS, NY (October 11, 2018) - **Busy individuals looking to improve their health and overall wellbeing, now have a new resource to amplify their efforts following the launch of the new book, *Healthy Gemz: Nourishing Practices and Self-Care Tips for Busy Individuals*.**

Written by Keisha Christian, *Health Gemz* is a helpful guide loaded with a wealth of tips, practices, and information that create a loving approach to holistic self-care. The book introduces busy people to simple tools, renewing practices and little luxuries that can have dynamic impact on body, mind and spirit. This handy resource is designed to help readers:

- *Significantly improve their health in just minutes**
- *Heal negative thought patterns**
- *Detoxify their home and body**
- *Pamper themselves with luxurious self-care practices**
- *Super-charge their nutrition for pennies a day**

Keisha is a Reiki Master, Herbalist and owner of Keisha's Gemz LLC- a multi-faceted, heart-based company offering products that nourish the body and uplift the spirit. Her passion for healing and helping others was birthed from persistent health problems that doctors could not diagnose. It was only after following the advice of a Natural Health Practitioner to change her diet and exercise that she started experiencing dramatic improvements to her health-related issues.

Through her natural product line that includes handmade soaps, moisturizers, and deodorant; reiki-infused gemstone jewelry; and holistic lifestyle coaching, Keisha helps scores of individuals to integrate a holistic lifestyle. Now, her debut book is providing information to give busy individuals a jumpstart to a healthy and fulfilling life. She has also started a Dropping Gemz™ YouTube series www.droppinggemz.com that offers free holistic lifestyle coaching tips.

Although *Healthy Gemz* is Keisha's debut book, the clarity of her writing gives no indication to her experience. Drawing on nearly two decades of Special Education teaching experience and years of research, she empowers her readers with eye opening facts and advice that could have a massive impact on their lives. And for those who are convinced that holistic living is a mammoth task, the holistic lifestyle coach said: *"Even the smallest steps work synergistically to bloom into vibrant health—all you need to do is begin."*

Healthy Gemz was released on September 14, 2018 but already individuals have been reporting positive results from reading the book. One reader said, *"This book is nothing short of life changing. I loved the fact that Ms. Christian was able to make such complicated topics relatable for the average person. These are additions that I can definitely make to my life."*

Healthy Gemz: Nourishing Practices and Self-Care Tips for Busy Individuals is available in Kindle and paperback formats on Amazon.com. To learn more about Keisha Christian, view her free Dropping Gemz™ coaching series, or to purchase natural personal care products, visit her website at: <http://www.keishagemz.com>.

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