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RECOVERED BULIMIC TO SPONSOR FREE WELLNESS BRUNCHES

January 5, 2009, Denver—To end her 34-year eating disorder, Lori Hanson sought help from many alternative health practitioners and supporters. Now she is returning to Denver to help others by sharing her story and introducing these local caring healers. Hanson, who is a noted speaker, consultant and author of *It Started with Pop-Tarts...An Alternative Approach to Winning the Battle of Bulimia*, will sponsor a unique wellness brunch in Denver on January 24 and one in Castle Rock on January 25. Anyone interested in learning about alternative approaches to eating disorders, reducing stress and living with balance is invited to attend. The brunches will give attendees the opportunity to hear directly from Hanson's "team," ask questions and come away with valuable resources.

That team includes Anne Rojo, a Certified Hellerwork Practitioner in Boulder and Denver, who will host the event in Denver. She was there helping from the beginning of Hanson's road to recovery. Donna Smith, well known to many for her extensive professional and volunteer work in the performing arts and cultural arena in the community of Denver will host the brunch in Castle Rock. Smith has been a close supporter of Hanson's for eighteen years. Another practitioner who helped Hanson is Tina Meyer, an Integrative Therapist in Denver.

A raffle will include free massages donated by Creekside Massage in Greenwood Village and Dr. Keppel's Natural Family Health Care in Denver. Dr. Keppel also donated a neuro-emotional technique session. Inbodyment donated free energy sessions and Rojo free 30-minute Hellerwork consultations. A percentage of proceeds from the sale of Hanson's book at the events will go to PHAMALY (Physically Handicapped Actors and Musical Artists League), a non-profit theater group and touring company in

Denver. This charity was selected by host Donna Smith who has been very supportive of this organization.

Along with the raffle, charity auction, prizes and a delicious brunch including vegan Pop-Tarts, Hanson will talk about the path she took over the years (this is where the Pop-Tarts come in). She admits she went through a frustrating time of trial and error with useless treatments and she hopes no one else has to. Her recipe for an alternative way to heal also costs less than conventional medical therapies, she points out. Since her book's publication last year, high school and college students, parents, and community groups have attended her talks and learned her secrets.

Hanson offers a wide variety of workshops and talks on eating disorder awareness, self-esteem, body image, stress reduction, nutrition and quality of life to help students and parents develop coping skills and avoid addictive behaviors. As a consultant, she works with individuals on eating disorders and weight and stress issues. Her approach is based in Eastern philosophy and includes referrals to alternative practitioners.

Hanson also is a lyricist and singer. She recently released an audio version of *Pop-Tarts* spiced with her own music. Copies of *It Started with Pop-Tarts* (Shewolf Press, 2008) or her audio book will be available for sale at the event. Go to www.Lori-Hanson.com to orders books and learn more about Hanson's workshops and consulting services. Books can also be ordered online from Hanson's website, Amazon or Barnes & Noble.

While she is in town, Hanson also will be appearing live on "Colorado & Company," 9News (KUSA-TV), Thursday, January 22 at 10:00 a.m. For details on attending the brunches on January 24 or 25, call 877-650-HEAL.

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