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## A Healthcare Solution for Women Only

*Internationally renowned holistic lifestyle expert teaches women that their physical wellbeing is directly tied to their emotional, mental and spiritual health.*

St. Paul, Min. March 16, 2010--- While the debate over skyrocketing healthcare costs rages on in both Washington and in homes across the country, one thing has become more certain than ever: the best insurance policy is, and has always been, to be responsible for your own health and not get sick in the first place. With the release of her new book *Goddess to the Core: An Inspired Workout to Maximize your Fitness, Beauty, and Power*, holistic health icon, Sierra Bender, is now able to enlighten and empower women everywhere with the spiritual and medicinal knowledge she collected over a ten year journey that spanned four corners of the globe. With this wisdom and knowledge that will improve not just their health but every aspect of a woman's life.

"Women have been keeping themselves so busy building other people's kingdoms--investing all their energy in their children, relationships, jobs--that they have forgotten to address their own dreams, desires, and health" says Bender who, up to this point, has been teaching the interconnectivity of what she calls the 4 Body Fit® philosophy through her work. These four bodies, the lynchpin Bender's unique and hybrid approach to lifestyle coaching, are the physical, emotional, mental, and spiritual bodies. All of her programs including internationally acclaimed Boot Camp for Goddesses® are based on the notion that true health and happiness can only come when all four bodies are fit, healthy and aligned.

Bender says that "women think that they have come a long way baby, but the road we have traveled has led us to become more like men – How can we, as the wealthiest country in the world have such a high percentage of sexual abuse, addiction and weight issues, depression, and chronic fatigue?"

Sierra Bender's quest for higher understandings of health and life was prompted by a near death experience from a ruptured uterus left her depressed and frustrated with modern medical practices. After ten years traveling and absorbing the ancient teachings of the world's sages, she returned home and synthesized all that she had learned into her own philosophy and approach.

### **About Sierra Bender**

Sierra is certified as a Prana Yoga & Kripalu Yoga teacher, Holistic Nutritional Counselor, Kripalu bodyworker, massage therapist, personal fitness trainer, and a medical intuitive and energetic healer. She is also trained in exercise physiology, aromatherapy, menopausal health, addictions and trauma. Sierra leads wholistic trainings, certification programs and retreats for corporations and professionals in the health, healing and fitness industries. Sierra teaches and speaks at various international retreat centers including Omega Institute, Kripalu Center for Health & Yoga and Feathered Pipe Foundation. In January of 2010 she released her first book *Goddess to the Core: An Inspired Workout to Maximize Your Fitness, Beauty & Power*. [www.sierrabender.com](http://www.sierrabender.com)