

Health and Wellness for Busy Women



Dr. Natalya Fazylova

Natalya Fazylova is a Doctor of Nursing Practice and an Associate Professor at the City University of New York. In her postgraduate education Dr. Fazylova became a certified Chinese Herbologist through the New York Institute of Herbal Medicine and a Certified Integrative Nutrition Health Coach through the Institute of Integrative Nutrition. Dr. Fazylova specializes in integrative health and her passion is to provide a holistic and integrative care bringing healing modalities from both Eastern and Western Medicine in her practice. She has recently joined the staff of the Hoffman Center.

You can heard my recent podcast with her by clicking [here](#).

Health and Wellness for Busy Women: A Guide to Balance Heal and Transform Your Life 

Hello Busy Ladies: This book is for YOU!

Working moms, who balance multitasking with your work, family, partner, children, parents and in-laws, when was the last time you felt guilt-free about something great you did for yourself?

Stay-at-home moms, busy with raising children, making your home a loving and comfortable place as you cook, clean, grocery shop, and drive to and from soccer practice and ballet lessons, this is for those of you who are the foundation and glue for your family and household, putting yourselves last in order to keep everything running smoothly. When was the last time you were validated with a heartfelt, "What would we/I do without you?" Is it easier to recall the last time you heard, "What do you DO all day?" What you do is invest in the future of the world, well aware that the time, effort, and energy it takes to raise children is exactly that. Children are our future. Did you ever consider that you might be responsible for raising a future scientist, a famous composer, or even a future president of this country? It is important to invest in yourself, and this book is an opportunity for you to find time to do just that.

Sisters, daughters, wives, and life partners, busy acquiring degrees, working on establishing your careers, doing research, becoming part of life's landscape in countless ways, including but not limited to caring for aging parents, and volunteering time, energy, and effort as unsung heroes of society. It is not an easy task to find time for yourself while facing constant deadlines as you juggle projects and meetings.

Regardless of where you are in your life right now, we all get buried in the endless details of work or everyday living. For those who want to live a happier, healthier, and more peaceful life but get so busy with mundane matters, believing you don't have time or energy to invest in yourself and fearing you can't add one more thing to your already crammed schedule. . . this book is for YOU.

When I started writing this book, I didn't know what format it should take. Should it be 6 weeks to healing and transformation? But then I thought, there are so many excellent books already written. I personally read several of them and enjoyed them immensely; however, when I tried to accomplish everything in 6 or 8 weeks as was suggested in the book, it didn't happen. Something always came up. Something will

always come up – whether it be a deadline at work, children getting sick, or some other family emergency to take precedence over all our best intentions. The bottom line is that life happens and can flush all our efforts down the drain until we master the art of taking charge of our own well-being.

Then I considered writing a self-help book but soon realized authors of such books often come across as “Miss/Mr. Perfect with all the answers,” leaving readers with a feeling of self-dissatisfaction. My goal with this book is to share my personal search for and discovery of interventions that improved my own health and enriched my family lifestyle, with the clear understanding that change is difficult. Change takes time and energy. It requires knowledge and understanding regarding why one needs to heal and transform. It takes personal commitment and motivation. So in this book, I decided to share evidence-based knowledge about what health is and why it is important to pursue a healthy lifestyle.

The human body is built to self-repair. We see this as evidenced by a healing cut on a finger or scraped knee. The body heals when permitted to. Sickness and degenerative diseases are not part of aging; rather, they are strongly influenced by poor lifestyle and eating habits. It is my hope that with the information provided by this book, readers will recognize that health and vitality are within reach and fulfillment of personal health is in their hands. The lifelong adventure to healing and transformation is a rewarding one requiring effort and dedication.

My hope is that this book facilitates a beautiful beginning to your lifelong journey of healing and transformation!

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