

My Journey to Vibrant Health... and how you can get there, too.

by Edna Y. Lawrence



About the Author

Edna Y. Lawrence is the founder/CEO of Divine Health Solutions International, and creator of the R.E.B.A Principles.

She earned a Bachelor of Science Degree in Physical Education and Biology.

As a Holistic Health Educator and Wellness Coach, her objective is to educate and empower people with the knowledge, skills, and confidence they need to take ownership of, and responsibility for, improving their health and the quality of life.

Retiring from the U.S. Department of Health and Human Services after nearly 30 years of civil service, Edna now resides in Phoenix, AZ.



About the Book

Edna Lawrence literally saved her own life when she realized how much damage her habits and behaviors were doing to her body, her mind, and even her soul, and simply made a decision to change. Then, she took every single step needed to give herself the information, inspiration and motivation she needed. The outcome was amazing!

In her book, *My Journey to Vibrant Health... and how you can get there, too*, Edna brings you her experience and knowledge in the hope that you will regard her formula, The R.E.B.A. Principles, as a series of guideposts assisting you to achieve your ideal self in virtually every dimension of your own life, starting with the body within which you live and the ways in which you nourish that body.

Practical, economical, do-able suggestions and ideas permeate the text, and Edna's story is told in straightforward (yet elegant) terms that will keep you interested, leave you informed, and give you the gut level inspiration that produces amazing results.



The R.E.B.A. Principles

- ✧ Readjust your mindset.
- ✧ Elevate the quality and quantity of your dietary, nutritional, and liquid intake, and activate the divine healing power within.
- ✧ Build and purify your body's internal environment.
- ✧ Accelerate your body's ability to self-heal.

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