



wyatt brand

3001 S. Lamar Suite 101
Austin, Texas 78704

512/904.9928 OFFICE
wyattbrand.com

MEDIA ALERT:

Contact:
Erin Goulding
Wyatt Brand
erin@wyattbrand.com
512.904.9928

**“The Original Design for Health,” A Gift for the New Year:
Dr. Mark Shannan Releases Preview of New Health & Wellness Guide**
*Austin, TX-based chiropractor, nutritionist and wellness expert offers simple, 3-step
plan for cleaner living in book on sale December 5*

In his new book, “The Original Design for Health,” Dr. Mark Shannan provides a practical yet easy step-by-step guide to restoring and maintaining the human body, mind and spirit. A practicing chiropractor for more than 20 years, he fuses scientific evidence with relatable storytelling to create a powerful, common sense case for cleaner, purer – and ultimately healthier – living.

“The Original Design for Health” will hit shelves early next month on Monday, December 5, and is sure to make a great gift for those seeking renewed motivation for 2017 “new year, new me” resolutions this holiday season. Published by Destiny Image, the book will be available for purchase online and in-stores at Amazon, iBooks, Barnes & Noble and Books-A-Million.

BOOK PREMISE: The human body was originally designed for abundant health and energy. But we’ve since strayed from that path through our sedentary lifestyles, poor diets and emotional imbalance – which in turn has left us overworked, worn out and spiritually depleted. However, Dr. Mark Shannan believes there’s an easy way to get us back on track. We just need to do what comes naturally to us – that is, return to The Original Design.

ABOUT THE AUTHOR: [Dr. Mark Shannan](#) is a second-generation chiropractor and nutritionist, speaker and author with [a thriving practice](#) in Austin, Texas. An Austin native, he holds a Bachelor of Science in Human Anatomy from the University of Texas at Tyler, a Doctorate of Chiropractic from Parker Chiropractic College and is a certified Applied Clinical Nutritionist.

“[Dr. Mark] Shannan helped me stay in top physical form while on the ATP tour. His book, ‘The Original Design for Health,’ can help you achieve and maintain optimal health, too!” – *Andy Roddick, former world #1 professional tennis player*

“The wisdom, information and simple plan he’s packed into this book is truly life-changing.” – *Jordan Rubin, health entrepreneur, speaker and New York Times best-selling author of “The Maker’s Diet”*



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"This book is a 'must-read' for anyone who is trying to achieve a higher level of health potential."
– *Dr. Fabrizio Mancini, renowned chiropractor, radio host and best-selling author of "The Power of Self-Healing"*

Online review copies*, book jacket mock-up and author biography are now available.

****Paperback review copies are also available upon request via erin@wyattbrand.com***

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