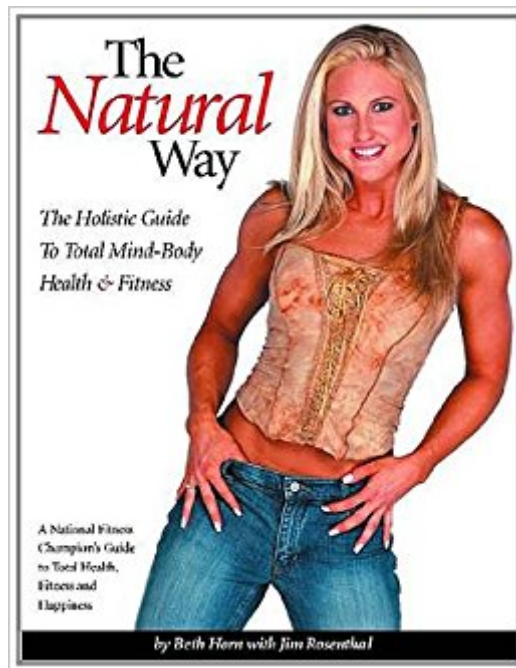




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# The Natural Way: The Holistic Guide To Total Mind-body Health & Fitness



## Synopsis

The Natural Way, written by national fitness champion, actress, and model Beth Horn, offers a complete guide to healthy living with eating plans, food lists, and numerous exercise plans specific to your goals. This book is an inspirational celebration of the mind, body, and spirit with an effective plan of action to help you achieve your personal best. It includes chapters on flexibility, motivation, nutrition, exercise, and training for teens. The Natural Way is fully illustrated with more than 100 photographs, including eight photos of Beth in full color. Foreword by Steven Hartman, Author of The Essence of the Bhagavad Gita.

## Book Information

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Age Range: 8 - 12 years

Grade Level: 3 - 7

## Customer Reviews

It is with great pleasure-indeed, honor-that I write this foreword. I have been a friend and a fan of Beth Horn ever since I first met her. It is rare to encounter someone who truly strives to be the best they can be on every front, and who also has the desire to help others do the same. Beth Horn is that special person! It is from her many years of perseverance towards excellence that Beth has acquired the experience and knowledge gathered in this book. Beth is a fitness star dedicated to real fitness on every level. I once saw someone wearing a T-shirt that read, Yoga is more than make an asana out of yourself. In the same way that yoga is more than the asanas (postures), Beth exemplifies that fitness is more than having a great physique. Beth teaches us that fitness is a

practice that involves your whole being--discipline, courage, inner strength and mental clarity. She inspires us to feel the best that we can and to be all that we are. Looking good is the result of feeling good and feeling good is the result of practicing the tools that she shares with us in this fine book. Beth is the most authentically positive person that I know. She shines (as you can see from her photos). her light is more than just her physical beauty; it is a well-developed attitude of inner strength, confidence and self-esteem. Beth reminds us that ultimate fitness is available to everyone. In this book she shares her path to the total fitness that will help you realize your dreams. Thank you, Beth! --Rev. Steven Hartman

Beth Horn, America's Toughest Sweetheart, is a personal trainer, nutritional consultant, national fitness champion, and one of America's leading experts on health and fitness. Also known as Venom from the new American Gladiators television series, Beth has broken new ground in the fields of nutrition and exercise science with the development of numerous fitness programs and healthy eating plans. Beth has appeared in or written for a number of fitness publications including Muscle & Fitness, Muscle & Fitness Hers, FLEX, Men's Fitness, and Oxygen Magazine. She also works with the students of The Professional Fitness Institute based in Las Vegas and with injured soldiers for Destination Fitness Training. Over the past year, Beth has visited U.S. Soldiers in Iraq, Kuwait, Bahrain, Hawaii and parts of Africa on USO and Goodwill tours.

I wanted a book that was going to guide me into the realm of fitness with a whole body, mind, spirit approach. I'm new to the fitness world (although not new to the holistic health and healing world) and was looking for something of a guide that was going to ease me in gradually. This was definitely more of a "jump in and submerge yourself" approach, with a voice that seems more like its coming from a coach rather than a mentor. In other words, this book isn't for beginners. The beginning of the book the author takes several pages to describe to you her every bit of fitness experience and triumph she has had from childhood to adult. To me this seemed lengthy. This goes from sports, to hardcore gymnastics, to winning weight fitness championships and modeling...I'm sure that the goal and intent of the author was to showcase to the readers her years of experience and professionalism about the topic of fitness and that she knows what she's talking about. For someone like me however, it came off as too advanced for me. I just come out from dealing with years of debilitating physical pain, where general physical tasks are a chore. I have since healed from all that and would like to transition into challenging my body on a fitness level but from a holistic, natural, gradual point of view. I really couldn't relate to where this author was coming from,

and as much as I tried to jive with her attitude on health, I felt like the book was too fast or too advanced for where I'm at. The author, which I didn't realize upon buying the book, is actually one of the women who had been on the American Gladiators series on television. Had I realized THAT, I probably would have been more prepared for the overall tone that the book is set in. 3 Stars because the book is informative and includes positive attitude and a little bit of holistic info, probably good for someone who already has ANY kind of fitness experience. Lack of 2 stars because the book did not meet my needs or expectations. I have NO fitness experience.

It is hard to find good books on health and fitness that are natural. This book is great. It really helped with getting back to nature and using natural products that are safe for me and my family

Excellent

great

I wasn't too impressed with it. It was mostly just a chronology of her achievements rather than a how to book.

Even though Beth Horn is an accomplished fitness champion, as someone who in general wants to learn more about strength training and healthy eating, I found her to be very relatable in this book. I love that Horn's goal is to be a positive role model for women of all ages, naturally. The first part of *The Natural Way* deals mostly with diet. Horn states that whatever your goal is, eating is 75% of the total package that will make or break your success. Yikes! For me - and I think a lot of people are in the same boat - when I have a big goal in mind, sometimes knowing how far I have to go to accomplish it can seem too daunting. So one of the things I liked about Horn's approach is that it's not all-or-nothing. She encourages the reader to start with one goal at a time - and it can be a small one, like drinking more water or cutting soda intake in half. Another thing I took away from the book is that eating is all about balance. I tend to skip breakfast a lot, or just eat an energy bar or a bowl of cereal, but reading this reminded me that first of all, I shouldn't be skipping breakfast, and second of all, I need make sure I'm adding enough protein into my meals. I tend to eat a lot of carbs just because they're easier to grab on the go. A little planning ahead will go a long way. Horn says that cheat meals are okay (yay!), as long as you don't get carried away with quantity, and the book gives various helpful examples of different eating plans to follow depending on your goals. Another

helpful thing is that Horn recommends various foods to eat, indicating which are the best choices, which are good choices, which are fair choices - and foods to avoid completely (along with acceptable substitutes for things you may be craving). The book even includes a food log to use as a guide, as well as handy nutritional information for various foods. In figuring out a workout routine that best suits one's needs, I like that Horn uses examples of real people - indicating their current fitness levels, how they eat and what their goals are - so readers can find someone they can identify with and follow the recommended exercise plan associated with him or her. It's another way that this book is relatable to "real" people who are interested in accomplishing their health and fitness goals. Horn covers the best strength training exercises for the entire body, and includes helpful workout plans to follow. She includes pictures of herself doing the exercises, which is a great motivator, but also photos of real people, which is helpful in showing that strength training is something we can do right at home. It doesn't have to be intimidating and it's not necessary to have tons of expensive equipment. Horn also includes a section at the end about athletic teenage workouts, which is something I would have loved to have when I was in high school trying to emulate fitness professionals like Horn! I really enjoyed *The Natural Way* and look forward to following the tips, advice and workout regimens Horn recommends!

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