

TRUE HEALTH, THE INSIDE JOB

PRESS KIT



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True Health, The Inside Job, A book by Kat Elton, asks the question, "Is health the absence of disease or something else entirely?"

DURANGO, CO., JUNE 7, 2015/ PRNewswire/-- What is health? This may seem like an obvious question, but if you probe deeper you will find yourself asking; is health the absence of a diagnosable disease? Is it feeling comfortable in your body or being fit and strong? Is it determined by lab results, or by how you feel? Can you be healthy and also have a chronic health issue? The Ancient Greeks regarded health as a duty. Taken in this context, health becomes something to be accountable for.

Author Kat Elton has lived with a debilitating, painful disease since the age of two. Instead of letting the pain shut her down, she decided to let her pain guide her to a deep understanding of what true health is. Health isn't found on a blood test or x-ray, instead it is shaped by a life well lived.

*"Every minute of every day the decisions you make and the actions you take guide whether you will continue to hurt or move into healing."
- True Health, The Inside Job*

In Kat's 43 years of living in pain she has had a career in occupational therapy, and has pursued her passion for biking, hiking, traveling, and good humor- especially when she makes her little brother pant on the side of the road when he is trying to follow her during a bicycle ride. She has also had times in her life where she has been offered walkers by well-meaning 80 some-things who see her struggling in a grocery store, when walking for ten minutes felt like ten hours, and has lived for years when severe pain was her constant companion.

Kat's insights about true health and healing are well earned through her years of suffering as well as her attitude and moxie. All of these emerge in her writing and speaking. She has written two books about her journey. The latest is entitled, True Health, the Inside Job- a book for anyone facing chronic disease or pain.

Find Kat at www.katelton.com

ISBN# Offered for: \$14.95

AUTHOR BIO



Kat Elton is an author, occupational therapist, and someone who has lived with juvenile rheumatoid arthritis since age two. Her two books, *A Resilient Life: Learning to thrive, not just survive with rheumatoid arthritis*, and *True Health, the Inside Job*, pave the way for readers to move into health, regardless of their circumstances. Kat is a personal demonstration that illness and pain create a fierce desire to be healthy, and this desire can move mountains, one step at a time. Living with a chronic, painful illness taught Kat that true health is a way of life, requiring commitment and daily practice, and this knowledge has been the catalyst for each of her careers, first as an O.T., then as an author, wellness expert for rheumatoidarthritis.com, and radio show guest. You can find her in Durango, CO, where she enjoys being outdoors, especially when she's on a bike.

BOOK SHEET
True Health, the Inside Job
A book by Kat Elton

True Health, The Inside Job, is a book that re-opens the question of what true health is. Health isn't the absence of disease; it is not about subduing symptoms, waging wars, or conquering pain. Health is a way of life that is reflected in your attitudes, actions, and well-thought out beliefs. It takes daily practice, diligence, and the commitment to yourself that no matter what life hands you, you will never stop trying.

The knowledge in this book is well-earned- author Kat Elton has lived with a chronic, painful disease for over forty years; she was diagnosed with juvenile rheumatoid arthritis at age two. Disease and pain didn't stop her; instead it has led to a myriad of experiences and insights that she passes on to her readers in her book.

Throughout her book, Kat uses her personal experiences to provide valuable lessons about how to be healthy. The ultimate irony is this; within the experience of illness the path to true health can be found. Illness and pain create a fierce desire to be healthy, and this desire can move mountains, one step at a time.

Kat describes how qualities such as honesty, resilience, love, and connection can move you towards a healthy life whether or not you have a diagnosis of disease. In the end, true health is a choice - choosing health means listening to your inner wisdom and having the strength to follow through with what it is telling you.

Quotes from the book, True Health, the Inside Job:

BELIEF

- *Belief is so important because it creates the fabric of our life. An important question to always ask yourself, especially when it comes to your health is, "Whom do I believe?"*
- *Questioning and shifting my beliefs altered the lens through which I viewed my life, and over time began to transform the shape of my life.*
- *Is your belief conducive to the good for you and those around you? If so, it is one to hold onto. Of not, let it go. The secret to a healthy life may just be as simple as this.*

PURPOSE

- *Within the intensity of the experience of illness is an opportunity to discover who you really are and to begin to live in a way that reflects this. Your true meaning and purpose reside in the eye of the storm of your illness.*
- *The suffering we endure is the catalyst for finding meaning, reaching deep into our spirit, and honoring our innate gifts. Without the suffering our gifts may remain hidden because we won't know how strong we are.*

MAVERICK

- *All of us have qualities that can be our greatest strength or our largest obstacle depending on how they are used. The key to being an effective maverick is to use your personal strengths to your best advantage.*
- *The experience of illness is a solo endeavor. Suffering isolates a person like nothing else. To others it is an intellectual exercise but for the person suffering it is all consuming and beyond words.*

HONESTY

- *If we can take the search for truth more seriously than we do the need to be lied to life as we know it would begin to change.*
- *Committing to speak the truth regardless of the sea of words that surround you is difficult but necessary on the path to health.*
- *I've found that once you stop hiding from yourself your life will never again be boring.*

EFFORT

- *Your efforts may not lead to your destination in the way you think they should, or in the timing you've planned for, but your best efforts always count.*
- *Healing requires stepping into the unknown because it is the known that created ill health.*

MOVEMENT

- *Every minute of every day the decisions you make and the actions you take guide whether you will continue to hurt or move into healing.*
- *Movement is no stranger to those of us who live with chronic disease. Unfortunately, this movement often seems like one step forward and three steps back.*

RESILIENCE

- *Resilience is the ultimate life skill. Without it a person easily becomes overwhelmed by the many challenges that life dishes out. With it, no challenge is too large.*
- *The ability to re-frame your ideas about your situation is the heart of resiliency.*

SELF-CARE

- *When you don't trust yourself, your identity shrinks until you become nothing but a reflection of those around you.*
- *Self-care is learning what your body needs to function well and respecting it enough to give it those things.*
- *Instead of being captive to a negative self-image and living in a self-imposed cage, why not decide to be your own best friend?*

LOVE

- *Loving starts with the self. Sometimes I wish everyone could just hit a reboot button in their bodies and forget all the things they've decided to hate about themselves.*
- *What I've found is that even though we may be trained from a young age to criticize and reject ourselves, this isn't really our natural state. When given the opportunity, we all can learn to shine.*

CONNECTION

- *The road to true health, despite its many un-sharable moments, is not one to be walked alone.*
- *With all the resources modern technology can provide, this basic fact remains: healing doesn't happen by looking through a microscope, in a sterile hospital room, or lab. It happens through connection.*
- *The challenge is to cultivate companionship even when you are feeling at your lowest, because this is when you need it most. It is a courageous act to keep trying to connect with others when you are feeling completely alone.*

PAIN

- *The triple whammies of lack of opportunity to talk about my pain, the muteness and inexpressibility that I fell into when the rare opportunity did arise, and the ease of denial on the part of the observer created in me a unique web that I wove around the pain which shaped me to the core. This web was there for my survival but like the mishmash of collagen fibers forming the imperfect reproduction of skin that is a scar, this web bound me down in places that I'm only now beginning to discover.*
- *When I was honest with myself I was able to admit that my thoughts about my pain hurt me more than the pain itself.*
- *The wounds that pain inflicts on a person can be insidious. If you aren't careful your pain will overtake your identity, and you will forever walk through the world wounded.*
- *Like death and taxes, pain is an inevitable part of life. Without the ability to handle pain well, you will never be truly healthy. Pain uncovers a person's shadow, tempting each one of us, like a demon, to fall into victimhood. It condemns some of us to a life of attempting to numb or run away from what we don't want to feel. But pain can also be an open door to a new way of living, with gentle discipline, awareness, an open heart, and true compassion.*

SPIRIT

- *Living with juvenile rheumatoid arthritis for 95% of my life has been a rollercoaster ride and the best spiritual training ground that exists here on earth.*
- *Anyone who opens his heart to a spiritual life will find a deep well to draw from.*
- *I had to visit the brink of death to decide to live. The decision only came after I got in touch with my spirit.*

WISDOM

- *Wisdom breeds curiosity which in turn leads to further wisdom; there is no destination, only more learning.*
- *Wisdom is the Holy Grail that can come with age, but it is not a certainty. Each of us has the choice whether to turn the experiences and knowledge that we gain throughout our lives into the insights that create wisdom. Gaining wisdom will forever shift the way you approach your life because wisdom brings changes in perspective and a deeper understanding of the world.*

Available Now for Interviews
Kat Elton, Author of:
True Health, the Inside Job
And
A Resilient Life, Learning to thrive, not just survive, with rheumatoid arthritis

Kat is an author, health professional, and someone who has lived with rheumatoid arthritis since age two

SIX REASONS KAT WILL MAKE A GREAT GUEST:

- She's **KNOWLEDGABLE**, having over 15 years as an occupational therapist in a variety of health-care settings, and over forty years living with pain and chronic disease. She's also smart enough to know that listeners like to be talked to, not at.
- She's **ENGAGING**. She knows that the personal experience of illness isn't clinical. Statistics are interesting to know, but ideas about how to live well when you become one are much more pertinent to everyday life.
- She's an **INDEPENDENT THINKER**. How many more nutritional experts do you need to tell people what to eat? Kat believes that French women don't get fat because they enjoy their food instead of feeling guilty about eating. She's able to wade through hype and come up with pearls of wisdom that really change lives.
- She's **A ROLE MODEL**. Kat has lived with, what experts say is a debilitating, incurable disease, and severe chronic pain since she was two. Luckily, she also has lived with curiosity, an adventurous spirit, and moxie. Kat will inspire your listeners with her story, and her engaging style.
- She's **PERSISTENT**. When it comes to her health, Kat has tried it all- herbs, medication, massage, energy healing, diet, meditation, even shamanic ceremonies and San Pedro rituals; you name it, she's done it. And she's eager to share with your audience what has and hasn't worked.
- She's **FLEXIBLE**. Kat can talk about medical regimes, scientific studies, and the spiritual quest in the same sentence. Her wide base of knowledge and experience comes through quickly during interviews, and she is open to talk about all of it.

POTENTIAL INTERVIEW QUESTIONS:

- 1) Why do you think pain and use of pain medications, is such a large issue in our society today?
- 2) What is one step someone can take today, to move into better health?
- 3) In your book, you talk about using your pain as a tool to guide you toward better health. How do you do this?
- 4) How does someone who has lived with pain for over 40 years keep such a good attitude?
- 5) You say in your book that the medical system today is as ill as the people it treats? What do you mean by this and can this be changed?
- 6) Your book talks about 13 qualities that a person seeking true health needs to nourish. Which qualities have been the easiest and the hardest for you personally to work with?
- 7) Do you think that accepting your pain or disease is a positive step towards healing?
- 8) I'm curious about why, along with chapters on resilience, honesty, connection, and love, you decided to include one on pain? Pain, as a chapter title seems incongruent with such positive qualities.
- 9) What can you say to someone who in this moment is feeling completely overwhelmed and despairing about his/her challenges?
 - a. You live with pain every day. How do you manage to not have it take over your life? How do you stay positive?
 - b. As someone who has lived with a painful disease for over 40 years, what advice would you give to someone who has recently been diagnosed with a chronic disease?
 - c. You have a chapter devoted to resilience. What tips do you have for people who want to become more resilient?