

***BPW Press Release***

Pamela Levin, R.N. has been in private practice helping people heal physically and emotionally for 30 years. Her international teaching and training career came to a complete halt as a result of severe osteoporosis. She was completely bedridden when she found a powerful healing method that uses clinical nutrition - organic foods concentrated to clinical potency - to help the body heal. As she recovered, she undertook advanced training and now has over 70 hours of post-graduate education in clinical nutrition.

.To make this empowering information available, and to express her gratitude, she founded *The Nourishing Company* and wrote *Perfect Bones, A Six-Point Plan to Promote Healthy Bones*, 304 pages, (published February 2000) after recovering her own bone health using the methods she describes in the book.

Born in Harvard, Illinois, and a graduate of the University of Illinois, she trained with Eric Berne, M.D., founder of Transactional Analysis. She became the first nurse to be awarded Clinical, then Teaching Membership in The International Transactional Analysis Association. In 1984, she won their highest award, The Eric Berne Scientific Award, for her work on the cycle of development and the Inner Child. She advocates for women's rights and empowerment, and was co-founder of the *Women's Caucus of the ITAA* and the *Social Action Committee*.

She is an award-winning author whose other writings, now in ten languages, include numerous published articles and four books which have sold over 100,000 copies worldwide. The developmental, Inner Child and affirmation material in John Bradshaw's *Homecoming*, is from her book, *Cycles of Power*. The material she presents in *Perfect Bones* is now being used by health care practitioners throughout the United States to help their clients achieve the nutritional balance bones need to be healthy.

She came to Ukiah in 1974, and was a founder of Orr Springs Healing Retreat Community. She offers the clinical nutrition healing method she describes in *Perfect Bones* in her practice.