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**THE JOURNEY INTO WELLBEING®
HEALTH AND WELLBEING TV SERIES
LAUNCHES ON PBS STATIONS NATIONWIDE**

New Series Set to Inspire America's Health Transformation

Delray Beach, FLA. – An overworked, pudgy insomniac takes on America's health crisis. "Not being sick is just not good enough," says natural health explorer Debra K. Beginning with Kentucky, Debra K is walking the talk through 50 states with the launch of *The Journey into Wellbeing®* TV series. Airing now on PBS stations nationwide, *The Journey into Wellbeing* uncovers the secrets to living an energetic, vibrant life with shows dedicated to every state.

Described as one part Rachael Ray, one part Ellen DeGeneres, Debra K. is a former Fortune 250 marketing and sales leader, author of "Success from the Start", executive director of the Destination Spa Group, and founder of the wellness education company imassage, Inc. "I'm at that point in life where I recognize what I've been doing isn't good enough anymore; I'm sure that many of you feel the same," says Debra K. "So, I'm hitting the 50 states to uncover the secrets to living an energetic, vibrant life. I hope to inspire you to do the same."

The Journey into Wellbeing capitalizes on what futurist Faith Popcorn calls the "She Change" movement of feminine influence: Women are now a potent economic force, controlling \$12 trillion of the overall \$18.4 trillion in global consumer spending. At the same time, many of them are suffering from a host of modern ailments Debra K. knows all too well: stress, anxiety, insomnia, weight gain, high cholesterol, and chronic heartburn among them. "Women are sick of being overweight, overmedicated, and overwhelmed - and are realizing that pills won't solve all their problems. If we are going to lead positive world change, we better be in good health," adds Debra K.

From receiving an abdominal massage to a complete medical exam – all on camera - Debra K courageously bares her body and soul during *The Journey*, "Honesty and vulnerability will spark a global push for gentler, more natural, approaches to health and wellness. I firmly believe the series will positively impact the health of our nation." Health that needs drastic improvement:

- More than one-third of U.S. adults (35.7%) are obese. – Centers for Disease Control
- An estimated 19 million American adults are living with major depression. – WebMD
- Americans spend more than \$230 billion on prescription drugs annually. – National Health and Nutrition Examination Survey
- Only 42 percent of children ages six-11 get the recommended amount of exercise. – CDC
- Thirty-three percent of American adults participate in no physical activity at all. – CDC

Consistently ranked as one of the most obese states, Kentucky was a natural place to begin the TV series, "After spending 20 years in Kentucky and raising both my children there, I hold a special place in my heart for all things in the Bluegrass. Kentucky does not often receive a fair assessment when represented in the media; we are changing that with the pilot episode," adds Debra K. For ease of viewing, PBS and Kentucky Educational Television have streamed the show so viewers nationwide can watch it on their computer; you may find the link on www.JourneyIntoWellbeing.com.

In addition to the TV series, the Recipe Redo Blog (<http://RecipeRedoBlog.com>) gives consumers simple advice to follow at home. "I believe we all have the right to enjoy incredible looking and tasting cuisine," adds Debra K. "I'm not going to miss a meal! To ensure I stay healthy, I've asked some of the top chefs in the nation to redo traditional recipes in a healthier fashion. You can find those on the Recipe Redo blog."



About *The Journey into Wellbeing®* - This new, reality-based TV series is being shown on PBS stations nationwide. Starting with Kentucky, Host and Executive Producer Debra K. will visit all 50 states and uncover the secrets to living an energetic, vibrant life. Debra K. is a natural health explorer who left a Fortune 250 company to create a movement to positively impact the health of the nation. More details on www.JourneyIntoWellbeing.com and <http://reciperedoblog.com>, Facebook <https://www.facebook.com/#!/pages/Journey-into-Wellbeing-with-Debra-K/409853892394888> and Twitter @DebrasJourney.

