



Marva Riley
Registered Nurse & Author

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Marva Riley
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I have been a Registered Nurse for over 20 years and has been the recipient of The Daisy Award for Extraordinary Nurses, honoring nurses internationally.

Most of my experience has been critical care. I am an educator and believe that we are all educators in our own rights, that it is everyone's responsibility to teach others what we know to be true.

Having a deep passion for health & wellness and knowing that this is possible for everyone led me to write my first book **EAT! SLEEP! MEDITATE! A NURSES'S GUIDE TO HEALTH.**

In this book I share with you how I was able to heal myself from life threatening illnesses and now enjoy a disease free living using a wholistic approach and without drugs.

There are 4 simple steps that you will follow in order to attain and maintain health beyond your wildest imaginations. Yes, it is possible.

Let's get started!



A person with curly hair is seen from behind, standing in a field of tall grass. They are in a meditative pose with arms outstretched and hands in the Anjali mudra. The sun is low on the horizon, creating a warm, golden glow. The sky is blue with some clouds.

Marva Riley

www.RNMarvaRiley.com

EAT! SLEEP! MEDITATE!

A NURSE'S GUIDE TO HEALTH



MARVA RILEY, RN

In this book, I will share with you the power of healing heart disease, depression, severe allergies, insomnia, arthritis, headaches, including migraines, sinusitis and many more chronic health issues, using a drug free, wholistic approach. The healing virtues of natural resources such as food, rest, activity and meditation will lead you to experience health beyond your wildest imaginations, as they did for me.

Come on, let's get started!

TO PURCHASE VISIT
www.RNMarvaRiley.com

AMAZON REVIEWS

THIS BOOK IS A "MUST READ"

Absolutely loved this book. Gives a detailed guide on how to reclaim your life by taking and making healthy habits which are not necessarily big but will ultimately have big impact !! Thank you so much for this book.

A HEALTHY MIND, BODY AND SOUL WILL RESULT IN A LONG HEALTHY LIFE!

I read this book and found it very informative. It was easy to read, with the writer's lightheartedness and wit. She told her story which made it relatable. I particularly liked the recipes and already gotten the ingredients to try them.