



Carl Munson

Carl is one of the UK's leading most prolific writers and experts in the field of holistic health and natural living.

Founding editor of Vibes! (Sheffield's city guide to positive change) back in 1994, Carl went on to create the International Institute of Joy, The HealthCHAMPION approach to holistic health and 'Extra Income for Therapists' - a business-building resource for complementary practitioners.

The demographic terms '**loli-boomer**' and '**hedolist**' are attributed to Carl who was formerly Assistant Editor at Positive News and advisor to Kindred Spirit magazine.

Trained in massage therapy and NLP, Carl is the owner and director of a natural health centre Newton Natural Health in Devon, UK and is primarily a **writer, PR and marketing advisor** to clients in the holistic health and natural living sector including:

- Dr John Briffa – the UK's foremost nutrition doctor
- The Kevala Centre, one of the world's most respected and long-standing holistic colleges
- BBC Radio 2's Janey Lee Grace - the "Imperfectly Natural Woman"
- Holistic Local and The Wellbeing Network - online holistic resources
- Damian "The Diet Detective" Houston - the man who ate his way out of a wheelchair

Writing, co-author and editing credits include:

- Weekly column – "On the Other Hand" in the Herald Express, Torbay
- "Holistic Round Up" - weekly e-zine for Kevala.com
- Natural News - newsfeed/blog – www.naturalnews.co.uk
- www.hedolistic.com - blog and www.loliboom.co.uk - site for loli-boomers
- "How to get High on Life" (the hedolists' handbook) - co-written with Andy Metcalfe
- healthchampion.co.uk - the easiest & most enjoyable ways to get & stay healthy (e-book)
- extraincomefortherapists.com - the secrets of creating a successful practice (e-book)
- "Come Back to Life" - 100 spiritual insights (e-book)
- "The Natural Living Guide" - co-written with Andy Metcalfe
- "Natural Stroke Recovery" by Walter Kocken (Ed.)
- "Natural Nutrition Now" by Samantha Flower (Ed.)
- "The Beginners' Guide to Downshifting" by Tracey Smith (Ed.)
- "Naked Nutrition" by Damian G. Houston (Ed.)

You can view over 50 sample articles at: <http://www.holisticlocal.co.uk/articles/member/100012>

Carl has also scripted and edited a range of **podcasts**, which can be downloaded at: <http://holisticlocal.co.uk/podcasts>

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