

## PRESS RELEASE

FOR IMMEDIATE RELEASE: November 9, 2009

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### HAWAII DOCTOR PUBLISHES SECOND KIDS' EDUCATIONAL ADVENTURE STORY

Hawaii Naturopathic Physician, Dr. Heather Manley, announces the release of Human Body Detectives: Battle with the Bugs, the second activity workbook and story-telling audio CD in her Human Body Detectives (HBD) series, on November 9, 2009.

HBD is a series of educational adventure stories for 7-12 year olds where two young "Human Body Detectives," Merrin and Pearl, magically enter different systems in the body to solve health mysteries. Through action packed fiction stories told on audio CD, listeners learn how the various systems work and what foods best fuel each system. The accompanying workbook filled with games and puzzles reinforces what kids have learned from the story and helps them further understand the importance of maintaining a healthy immune system.

In Battle with the Bugs, while on a family trip to Mexico, the girls are joined by brave cousin Sam on a learning journey through the immune system. They start out in the mucus-filled nose of cousin Max, who is suffering from a bad cold, and proceed to learn everything from what white blood cells do to what causes a fever. Trying to help Max, they even befriend a macrophage warrior named Quickster whom they help fight the bad bug invaders.

Battle with the Bugs follows Manley's first story, The Lucky Escape, where Merrin and Pearl wind up in their baby brother's digestive system and narrowly escape his poop diaper.

HBD stories and workbooks:

- Engage kids in a fun way to learn about how their bodies work
- Encourage kids to make healthy food and lifestyle choices
- Inspire kids to take charge of their own health
- Support parents and teachers by enhancing science/health curricula

As a physician and a mother, Manley believes that if children understand how their bodies work, they are more apt to make healthy food and lifestyle choices. She came up with the idea for the HBD series after discovering a lack of books on the market that help kids learn, in a fun way, about how their bodies work. Manley's goal is to expand the series to at least five books with corresponding DVD's. Merrin and Pearl will next appear in the circulatory system, learning about keeping the heart healthy, in HBD: A Heart Pumping Adventure, set for press in early 2010. Adventures through the nervous and muscular systems will follow.

The activity workbook, audio CD, and DVD packages are geared to serve as tools for families, teachers and home school parents, to supplement current science and/or health curricula. The HBD series is also highlighted on Manley's website. The site provides a resource for people, especially parents of young children, to learn about preventative health care and taking charge of their family's health.

Dr. Manley is a naturopathic physician licensed in the state of Hawaii. She is a member of the American Association of Naturopathic Medicine and the Hawaii Naturopathic Medicine Association.