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Press Release Distribution Report

July 8, 2024

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Distribution Report

Juanita Raja's Total Human Health Blog: Empowering Natural Wellness through Holistic Approaches

Date Submitted: 2024-07-08

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Your Submitted Press Release

Roswell, GA, United States, 8th Jul 2024 - Juanita Raja is a Certified Nursing Assistant (CNA) with vast experience in phlebotomy and medical trials. She has been working on the Total Human Health blog with her husband, Fozail Raja, a health and fitness enthusiast. Being committed to unveiling and sharing information regarding comprehensive as well as non-pharmacological health maintenance. Total Human Health has emerged as one of the most reputable sources of information on how to have optimal health naturally.

After attending the conventional medical research, Juanita Raja shifted the concentration on how and why supernatural ways work to correct diseases. She is interested in the application of vitamins, healthy diet, and exercise to bring a positive change in the lives of people.





















“As a result of my work in a research laboratory where I realized that conventional medicine had many setbacks, I decided to take up further studies in holistic health,” responded Juanita Raja. “I think that with anti-inflammatory nutrition education for intestinal health, organic and non-GMO food, juicing, etc, people can get perfect health and eliminate prevalent diseases. ”





















Total Human Health is a blogging site where Juanita can post her recommendations concerning lifestyle changes and disease prevention. Over time, the blog has covered a wide range of topics, including: Over time, the blog has covered a wide range of topics, including:





















- The benefits of an anti-inflammatory diet
- The importance of consuming non-processed and organic foods
- The role of juicing in detoxification and nutrient absorption
- Effective exercise routines for maintaining physical and mental health

Apart from these categories, Total Human Health has also shared with readers easy strategies and valuable data concerning the integration of several other health concepts into a person's daily routine.

“This reveals why through Total Human Health, I want to allow clients to make their own health decisions depending on what they consume,” contributes Juanita. “It is not about the absence of sickness, it's the maintenance of the human being as a total entity-spiritually, mentally as well as physically.”

Logo	Link	Type	Industry	Top 3 Visiting Countries	Potential Audience
	View Release	News Portal	Financial	US, PH, GB	74000 visit/month
	View Release	News Portal	Financial	US, CA, IN	513000 visit/month
	View Release	News Portal	Media & Information	US, UK, CA	15000 visit/month
	View Release	News Portal	Media & Information	US, UK, MX	100k visit/month
	View Release	News Portal	Media & Information	US, UK, CA	3000 visit/month
	View Release	News Portal	Media & Information	US, PH, IL	5300 visit/month
	View Release	News Portal	Media & Information	US, CA, GB	8000 visit/month
	View Release	News Portal	Media & Information	US, IN, CA	6200 visit/month
	View Release	News Portal	Media & Information	US, CA, TW	6300 visit/month
	View Release	News Portal	Media & Information	IN, TH, JP	7500 visit/month
	View Release	News Portal	Media & Information	US, CA, TW	6300 visit/month
	View Release	News Portal	Media & Information	US, IN, CA	6200 visit/month
	View Release	News Portal	Media & Information	US, CA, GB	8000 visit/month
	View Release	News Portal	Media & Information	US, UK, ES	3000 visit/month
	View Release	News Portal	Media & Information	US, CA, UK	7500 visit/month
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	View Release	News Portal	Media & Information	US, CA, UK	4600 visit/month
	View Release	News Portal	Media & Information	US, CA, GB	5100 visit/month
	View Release	News Portal	Media & Information	US, CA, GB	7100 visit/month
	View Release	News Portal	Media & Information	US, UK, ES	6500 visit/month

Logo	Link	Type	Industry	Top 3 Visiting Countries	Potential Audience
	View Release	News Portal	Entertainment	US, CA, IN	7000 visit/month
	View Release	News Portal	Media & Information	US, CA, UK	4800 visit/month
	View Release	News Portal	Media & Information	US, CA, UK	9400 visit/month
	View Release	News Portal	Media & Information	US, CA, GB	5600 visit/month
	View Release	News Portal	Entertainment	US, CA, IN	15000 visit/month
	View Release	News Portal	Media & Information	US, UK, MX	100k visit/month
	View Release	News Portal	Entertainment	US, CA, TW	7500 visit/month
	View Release	News Portal	Financial	IN, TH, JP	5600 visit/month
	View Release	News Portal	Financial	US, PH, UK	4500 visit/month
	View Release	News Portal	Media & Information	US, IN, UK	5800 visit/month
	View Release	News Portal	Entertainment	US, CA, TW	6300 visit/month
	View Release	News Portal	Media & Information	US, CA, GB	15000 visit/month
	View Release	News Portal	Media & Information	UK, IN, UK	5600 visit/month
	View Release	News Portal	Financial	US, IN, CA	10000 visit/month
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	View Release	News Portal	Media & Information	US, UK, MX	6000 visit/month
	View Release	News Portal	Media & Information	US, UK, MX	100k visit/month

Logo	Link	Type	Industry	Top 3 Visiting Countries	Potential Audience
	View Release	News Portal	Media & Information	US, UK, MX	100k visit/month
	View Release	News Portal	Media & Information	US, UK, MX	100k visit/month
	View Release	News Portal	Entertainment	US, CA, IN	7000 visit/month
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	View Release	News Portal	Media & Information	US, US, CA	5000 visit/month

Logo	Link	Type	Industry	Top 3 Visiting Countries	Potential Audience
	View Release	News Portal	Media & Information	UK, US, CA	2500 visit/month