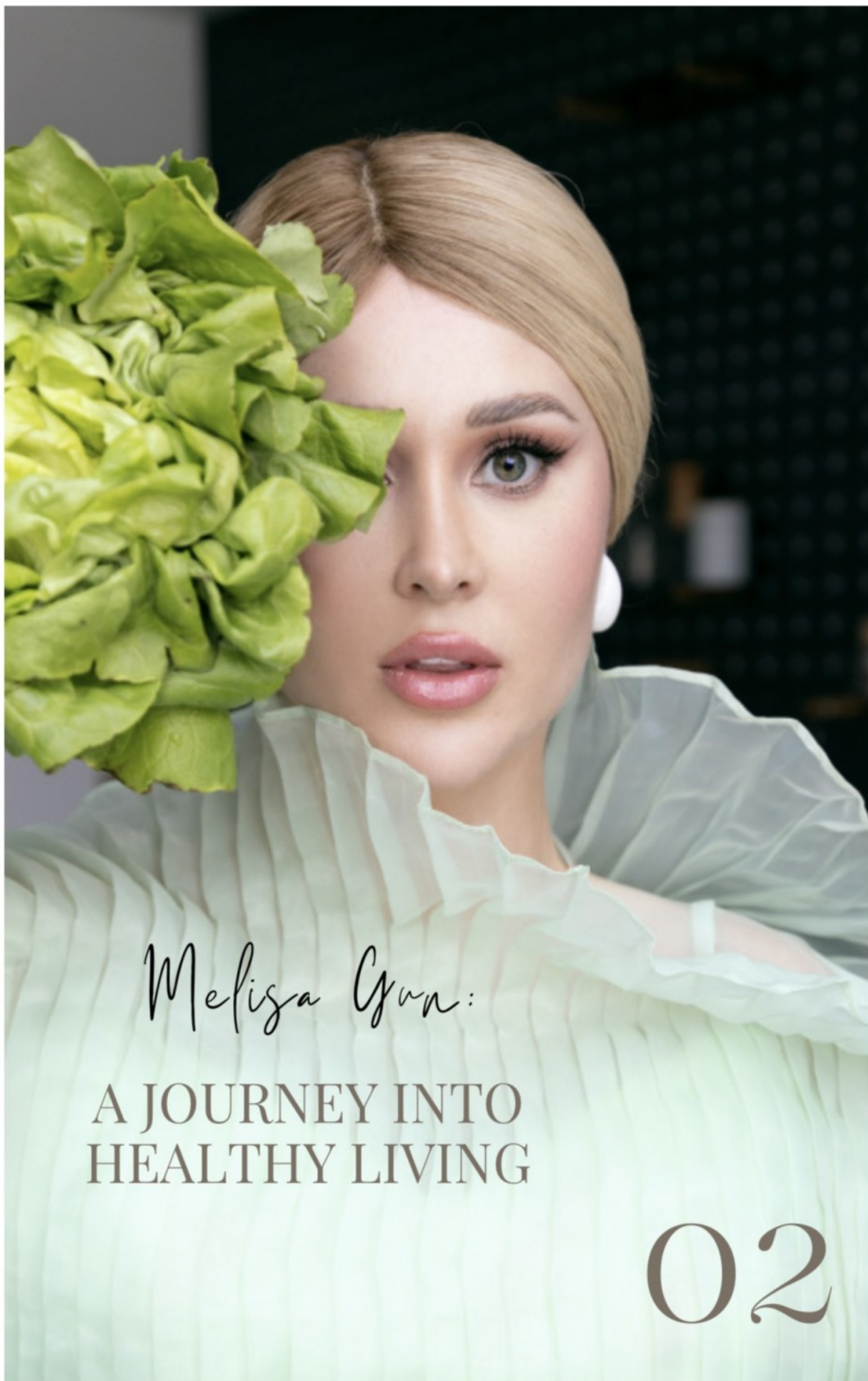


Melisa Gun Releases Transformational Wellness Book “Nourish: The Art of Healthy Eating”



Melisa Gurn:

A JOURNEY INTO
HEALTHY LIVING

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New York City, New York Jun 7, 2025 ([Issuewire.com](https://www.issuewire.com)) - International beauty icon, nutrition expert, and published medical author Melisa Gun has officially launched her long-awaited book, *Nourish: The Art of Healthy Eating* — a powerful guide that blends cutting-edge science, personal transformation, and practical wellness tools for women seeking to reclaim their energy, confidence, and health from the inside out.

As a multi-title beauty pageant winner who has graced the covers of VOGUE, Elle, Harper's Bazaar, and other global publications, Melisa Gun is no stranger to external beauty. But what sets her apart is her mission: to redefine beauty as a holistic journey grounded in health, nourishment, and self-respect.

"True beauty begins with health — and health begins with how we nourish ourselves," says Melisa.

A Unique Voice at the Intersection of Beauty and Science

Melisa Gun holds a PhD in Nutrition and is a respected voice in medical and wellness circles, with numerous published studies on metabolic health, hormonal balance, and sustainable weight management. Her professional credentials are matched by her personal journey — one shaped by early struggles with body image, extreme dieting, and industry pressure.

Through her research, self-reflection, and transformation, Melisa discovered a new approach: one that views food not as a restriction, but as empowerment.

Nourish is her invitation for others to follow this path.

What Readers Will Discover in "Nourish"

This beautifully designed book offers:

- Over 30 easy, delicious, and nutrient-dense recipes
- Balanced meal plans rooted in both science and taste
- Expert guidance on sleep, metabolism, hormones, and emotional eating
- A holistic approach to beauty, wellness, and sustainable self-care

It's more than a nutrition book — it's a philosophy.

From understanding the impact of omega-3s on mental clarity to building energy-packed breakfasts that stabilize blood sugar and support hormonal health, Melisa walks readers through real-life, actionable strategies.

"This book is not about dieting," says Melisa. "It's about embracing a lifestyle that fuels your vitality, confidence, and resilience — so you can show up for life glowing, grounded, and strong."

Who Should Read "Nourish"?

Whether you're a busy professional, a wellness seeker, or someone rebuilding your relationship with

food and your body, this book is a powerful companion. It's designed for modern women ready to make long-term, loving change — without fad diets or quick fixes.

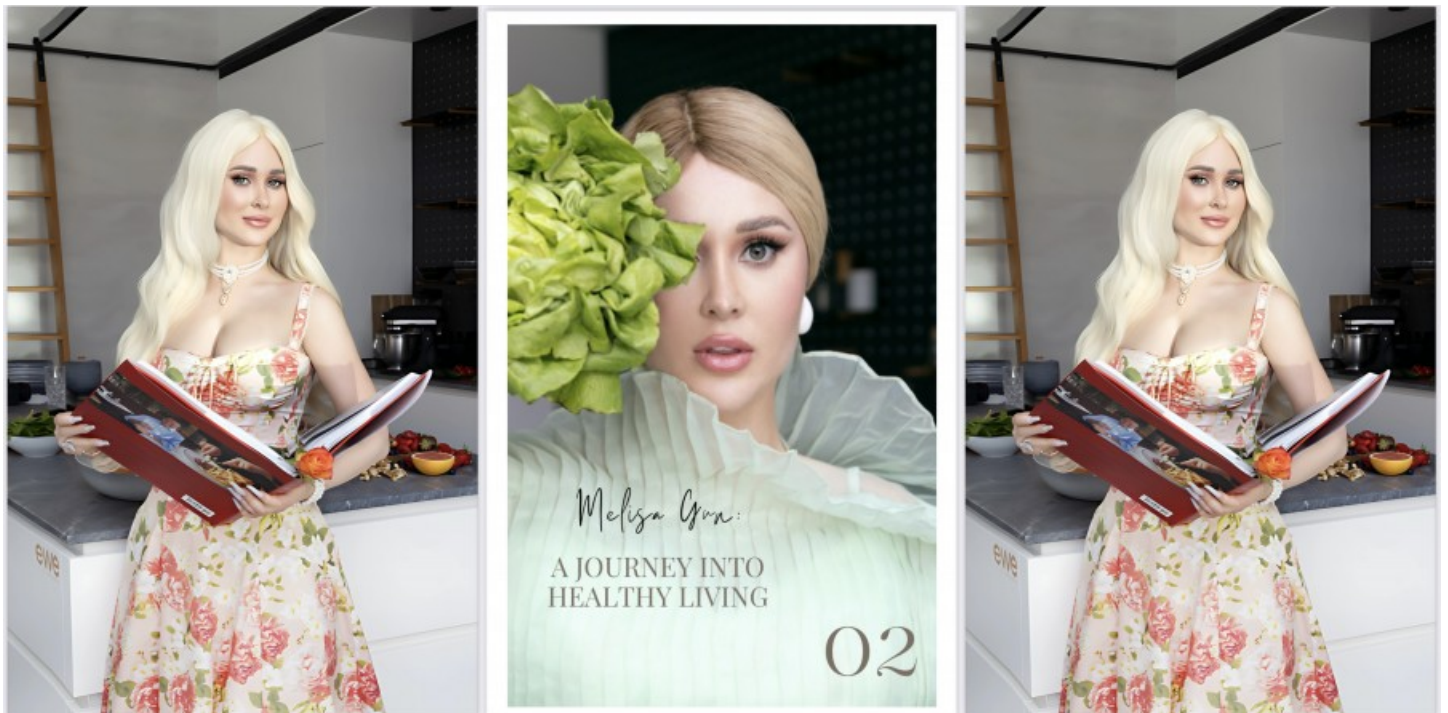
About the Author: Melisa Gun

Melisa Gun is a beauty pageant founder, Doctor of Nutrition, motivational speaker, and wellness educator with a global platform. She has been featured in leading fashion and health media, and her vision extends far beyond the runway. Through her foundation and new book, she continues to empower women to take charge of their health, redefine beauty on their own terms, and live radiantly from the inside out.

Availability:

[Nourish: The Art of Healthy Eating is now available online and at select retailers.](#)???? For more information, follow Melisa on Instagram: @drmelisagunn

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