

Julia Maranan Author bios

Short

Julia Maranan is an award-winning health writer and the author of *Powerful Paleo Superfoods* (with Heather Connell) and *The 100 Best Ways to Stop Aging and Stay Young*. Formerly an editor for *Natural Health* magazine, Julia has written hundreds of articles for publications such as *AARP the Magazine*, *Shape*, *Fit Pregnancy*, *Family Circle*, and Dr. Andrew Weil's *Self Healing* newsletter.

Medium

Julia Maranan is an award-winning writer with over a decade of experience writing about nutrition, fitness, and all things health-related. Author of *Powerful Paleo Superfoods* (with Heather Connell) and *The 100 Best Ways to Stop Aging and Stay Young*, and formerly an editor for *Natural Health* magazine, Julia won the 2003 National Health Information Award silver medal for the women's health feature "Solutions to Your Tough Problems" (*Natural Health*, December 2002). She has written hundreds of articles for national publications such as *AARP the Magazine*, *Shape*, *Fitness*, *Fit Pregnancy*, *Family Circle*, and Dr. Andrew Weil's *Self Healing* newsletter.

Long

Julia Maranan is an award-winning writer with over a decade of experience writing about nutrition, fitness, and all things health-related, as well as the occasional lifestyle piece. Author of *Powerful Paleo Superfoods* (with Paleo expert and food blogger Heather Connell) and *The 100 Best Ways to Stop Aging and Stay Young*, and formerly an editor for *Natural Health* magazine, Julia won the 2003 National Health Information Award silver medal for the women's health feature "Solutions to Your Tough Problems" (*Natural Health*, December 2002). She has written hundreds of articles for regional and national publications such as *AARP the Magazine*, the *Boston Globe Magazine*, *Shape*, *Fitness*, *Fit Pregnancy*, *Family Circle*, and Dr. Andrew Weil's *Self Healing* newsletter. She has also done numerous radio interviews and has appeared on the St. Louis CBS affiliate's morning show, *Great Day St. Louis*.

Julia lives in the Boston area with her husband, son, and dog. When she's not caring for her son or writing, Julia enjoys reading (especially middle grade and young adult fiction), baking, making and listening to music, and hanging out with friends.