**AUTHOR SHARES HOW WOMEN CAN OWN THEIR SPARKLE**

*Registered Holistic Nutritionist Nicole Scott chooses her health in going grey*

**TORONTO, ONTARIO (March 1, 2019) –** According to the Breast Cancer Canada stats, 1 in 8 women are expected to develop breast cancer during their lifetime and 1 in 33 will die of it. When Nicole Scott, a registered holistic found two lumps in her breast in 2018 it’s no surprise that she immediately went into a panic mode. Fortunately, the lumps were found to be benign. However, her discovery led her to dig deeper into her lifestyle to determine what else she could do to lessen any future risks of getting cancer. One of those areas was her hair dye. After months of research, she not only did her last dye touch up in October 2018, she also began a Gorgeous Grey Hair Movement (a FB members group page) whose main mission is to *Own Your Sparkle (*grey hair), she also began to write her book, *Get Naked With Your Natural Hair Color* which will be released on April 25.

*Getting Naked* is part memoir, self-help and health and wellness. Beginning with Nicole’s cancer scare, the book delves into her early childhood, teens, married years, motherhood and more. She shares those details to show how and where the influences in our lives lead to lifestyle decisions – the good and the bad. The book also examines the dyeing process beginning with what’s in your hair dye, healthier dye options, our biggest fears of going grey (including how the media influences that decision) and personal stories from 16 women in both Canada and the US who made the leap to grey or sparkle!

“I learned so much about hair dye through my research that I felt bound to share this valuable information through my Gorgeous Grey Movement FB page and now in a book. My goal is to inspire women to embrace their sparkle at any age or at least consider a more natural option for the health of it” says Scott.

For more information about *Get Naked With Your Natural Hair Color*, please visit www.nicolescott.ca or to receive an advance book copy, contact Nicole Scott at nicolescott.ownyoursparkle@gmail.com.

**About Nicole Scott**

Nicole Scott is a Registered Holistic Nutritionist, Healthy Lifestyle Expert, Author, International Wellness speaker, Network Marketing Professional and a mom of 2 teenage girls who lives in the Greater Toronto area in Canada. Nicole graduated from the University of Calgary with a BA in Psychology and Business minor. She is also a graduate from the Canadian School of Natural Nutrition. She worked for 10 years in the food manufacturing industry and currently is a National Marketing Director with the Juice Plus Company that sells a narrow product line focused on plant-based powders.

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