

36 Health Experts on the Best Wellness Advice They've Ever Gotten

Sharon Feiereisen August 22nd, 2014

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We asked some of the biggest names in the health space, including Organic Avenue Founder **Denise Mari** and Bassett's Bootcamp Founder **Loren Bassett**, to share with us the best wellness advice they've ever received.

THUMBNAILS

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Loren Bassett

Founder of [Bassett's Bootcamp](#)

"Feed your body good, nutritious food. Fuel your mind with positive, inspiring mantras."

Skyla is an IUD

that's over 99% effective

Indication and Important Safety Information

Indication
Skyla (levonorgestrel-releasing intrauterine system) is a hormone-releasing IUD that prevents pregnancy for up to 3 years.

Important Safety Information

• If you have a pelvic infection, get infections easily, or have certain cancers, don't use Skyla. Less

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