



## Press Release

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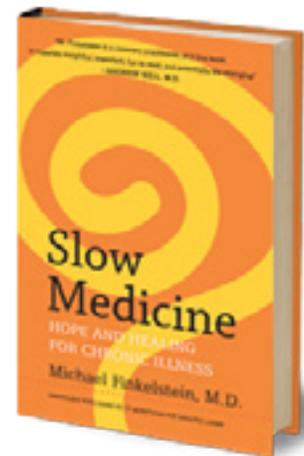
### For Immediate Release

Leading Integrative Medicine Doctor Publishes Book on “Slow Medicine,” Teaching How to Optimize Our Health by Living from Our Heart, Just in Time for American Heart Month.

**February 1, 2015** – Integrative medicine doctor Michael Finkelstein, MD releases *Slow Medicine: Hope and Healing for Chronic Illness*, endorsed by Mehmet Oz, MD and Andrew Weil, MD, guiding readers on how to achieve extraordinary health through a life of passion and purpose.

**Bedford, NY** – According to the Centers for Disease Control (CDC), half of America suffers from at least one chronic illness; chronic illness causes 70% of deaths in the United States each year; and the percentage of children and adolescents with chronic illness has quadrupled since the 1960s. Not surprisingly, a whopping ¾ of Americans believe that our healthcare industry is facing a “crisis.” We are sick and tired of being sick and tired, and the medical establishment is responding insufficiently to our demand for more effective treatment. For the most part, current medical treatment comes in the form of pills and procedures, which can save lives in acute emergencies but are inadequate for those interested in healing chronic illness and embodying true prevention and wellness.

Michael Finkelstein’s book, *Slow Medicine: Hope and Healing for Chronic Illness*, teaches that everything is interdependent—muscles and nerves, bodies and minds, people and planet – and that each connecting thread has a domino effect on the other. To achieve and sustain optimal health, we therefore need perspective that goes beyond the obvious symptoms. We need to become aware of each area of our lives and explore how to optimize our wellness, not only within each of these areas – through nutrient-dense foods, a loving partner, artistic expression, and so on – but also through their harmonious integration. The best “quick fix” for our health, Dr. Finkelstein explains, is not a quick fix at all; rather, it is Slow Medicine – a methodical, step-by-step process of asking questions that lead to awareness that turns into action that results in symptom relief that, ultimately, is the byproduct of a life fueled by passion and purpose. Living from the heart, Dr. Finkelstein concludes from decades of experience, is the most effective medicine of all.



*Slow Medicine: The Best Quick Fix for Your Health*



## Slow Medicine Endorsements:

“Everyone should read *Slow Medicine*...Dr. Finkelstein is a visionary practitioner, with decades of experience combining a scientist’s perspective with common sense and wisdom. *Slow Medicine* represents a superbly insightful advancement in the literature of Integrative Health. It is important, fun to read, and potentially life changing.”

— **Andrew Weil, MD**, Founder and Director of the Arizona Center for Integrative Medicine at the University of Arizona

“Dr. Michael Finkelstein masterfully guides us through the questions that connect the dots of our lives.”

— **Mehmet Oz, MD**, Vice Chair and Professor of Surgery, New York-Presbyterian Columbia

## About Michael Finkelstein, MD

Michael Finkelstein, MD, FACP, ABIHM, aka The Slow Medicine Doctor, has been featured in top media outlets including *The New York Times*, CNN, and ABC News; has presented at leading national and local venues including GE Corporation, 92nd Street Y, and Omega Institute; and blogs on the topic of Slow Medicine for *The Huffington Post*. Dr. Finkelstein was trained at premier institutes for both conventional and integrative medicine – including The University of Pennsylvania, where he received both his Bachelor of Arts (BA) and Medical Degree (MD) and where he was awarded the honors of Phi Beta Kappa, Summa Cum Laude, and Dean’s List; and The University of Arizona College of Medicine, where Dr. Finkelstein completed an Associate Fellowship in Integrative Medicine, studying directly with integrative medicine pioneer Andrew Weil, MD.

Certified in both Internal Medicine and Integrative-Holistic Medicine, Dr. Finkelstein is the recipient of numerous distinctions, including Fellow of the American College of Physicians; The John O. Vieta, M.D. Award for Academic Excellence and Personal Achievement; and “Attending of the Year,” an honor he received two years in a row. Over the past three decades, Dr. Finkelstein has distinguished himself not only as a doctor in private practice but also as the Medical Director of several major hospitals and health institutes, including two Integrative Medicine hospital departments/programs that he founded. Drawing from this diverse medical expertise, Dr. Finkelstein offers both a micro and macro point of view on today’s healthcare needs and challenges, and he provides a tried-and-true solution for healing individual patients and the medical system as a whole: Slow Medicine.

For more information about Dr. Finkelstein and Slow Medicine, please visit [www.SlowMedicineDoctor.com](http://www.SlowMedicineDoctor.com) or contact Loolwa Khazzoom at 916-546-8238 or [press@slowmedicinedoctor.com](mailto:press@slowmedicinedoctor.com).

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