

# Slow Medicine: Hope and Healing for Chronic Illness

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



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 3/4 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 inter-dependent—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 well-

ness, 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.