FOR IMMEDIATE RELEASE
Leading Integrative Medicine Doctor Teaches how Living from the Heart Turns the War Against Cancer into a Treasure Hunt

February 17, 2015 – Michael Finkelstein, MD, author of the newly-released book *Slow Medicine: Hope and Healing for Chronic Illness*, teaches cancer patients how to recognize and leverage the transformational opportunities that ironically are presented by cancer.

Sacramento, CA – Dr. Finkelstein is well acquainted with cancer. Not only has he been the physician for numerous patients diagnosed with cancer, but he supported three out of four of his grandparents through their cancer journeys. Over the years, as he left the world of conventional medicine and dove into the world of integrative medicine, Dr. Finkelstein discovered that the most effective approach to cancer was embracing it as an opportunity instead of framing it as a battle. Rather than making cancer the focus, by fighting the disease, patients can grow beyond the challenge and thrive despite their diagnosis, by optimizing every area of their lives on the physical, mental, emotional, and spiritual levels – effectively cultivating the “terrain” of a life that not only is passionate and joyous but, as a byproduct, is inhospitable to cancer.

As part of a special Heart Month program, “Living from the Heart: Turning the War Against Cancer into a Treasure Hunt,” Dr. Finkelstein will share his own family cancer stories, will discuss the cancer stories of his patients (while protecting confidentiality), and will invite program participants to share their inspirational journeys of living with and healing from cancer. Following the presentation and interactive discussion, Dr. Finkelstein will sign his book, *Slow Medicine*, which was released by William Morrow/HarperCollins on February 1, 2015. The event will be held at the UC Davis Comprehensive Cancer Center, at 4501 X Street, Sacramento,
Ca 95817, on Tuesday, February 17, 2015, at 6:30 pm. Dr. Finkelstein’s presentation is co-sponsored by Healing Journeys, a Sacramento-based organization for cancer “thrivers.”

*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 Hospital/Columbia University Medical Center.

About Michael Finkelstein, MD
Michael Finkelstein, MD, FACP, ABIHM, The Slow Medicine Doctor, has been featured in top media outlets including The New York Times, CNN, and Real Simple; 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 or contact Loolwa Khazzoom at 916-546-8238.

About Healing Journeys
Featured in top media outlets including CNN, ABC, NBC, and Fox, Healing Journeys is a Sacramento-based, nonprofit organization that sponsors annual “Cancer as a Turning Point™” conferences and ongoing “Cancer-Fighting Kitchen” workshops. The organization was founded by local triple cancer survivor Jan Adrian MSW and is now in its 20th year. Utilizing its conferences and workshops, the organization has uplifted tens of thousands of unique participants nationwide – activating their internal healing process through evidence-based workshops on self-care strategies, as well as through music, theater, comedy, and nourishing personal connections. For more information about healing journeys, please visit www.HealingJourneys.org.

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