



CURRICULUM VITAE

MICHAEL B. FINKELSTEIN, M.D., F.A.C.P., A.B.I.H.M.

UNIVERSITY EDUCATION:

- 1986-1990 Medical Degree (M.D.), University of Pennsylvania, School of Medicine
Philadelphia, PA
- 1982-1986 Bachelors of Science (B.S.), University of Pennsylvania, College of Arts
and Sciences, Philadelphia, PA

SUPPLEMENTARY EDUCATION :

- 2002-2004 Associate Fellowship in Integrative Medicine, University of Arizona
College of Medicine, Tucson, Arizona, with Andrew Weil, M.D. Program
Director
- 2004 Certificate in Second Degree Usui Shiki Ryoho Reiki, with Kalama
Hochreiter, at University of Arizona Center for Integrative Medicine
- 2004 Certificate in First Degree Usui Shiki Ryoho Reiki, with Kalama
Hochreiter, at University of Arizona Center for Integrative Medicine

MAJOR PUBLICATIONS:

Slow Medicine : Hope and Healing for Chronic Illness, William Morrow/Harper-Collins, February 1, 2015.

77 Questions for Skillful Living : A New Path to Extraordinary Health, William Morrow/Harper-Collins, May 7, 2013.

PROFESSIONAL POSITIONS:

2014-Present Health Blogger
The Huffington Post

2005 – Present Founder and Medical Director
SunRaven: Home of Slow Medicine
Bedford, NY

1993-Present Clinical Assistant Professor
New York Medical College
Valhalla, NY

2009 – 2013 Host
The Skillful Living Room, Weekly Syndicated Radio Broadcast
Business TalkRadio Network and Lifestyle TalkRadio Network

2009 – 2010 Executive Medical Director
O2 Living
Cross River, NY

2008-2009 Blogger
The Skillful Doctor

2004 – 2007 Medical Director
Saw Mill Club
Mount Kisco, NY

1993 – 2007 Attending Staff
Northern Westchester Hospital
Mount Kisco, NY

2003 – 2005 Chief, Department of Integrative Medicine
Northern Westchester Hospital
Mount Kisco, NY

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| 2003-2005 | Medical Director Center for Health and Healing of Northern Westchester Mount Kisco, NY |
| 1997 – 2003 | Senior Vice President for Medical Affairs Northern Westchester Hospital Mount Kisco, NY |
| 1997 – 2003 | Chief of Medicine Northern Westchester Hospital Mount Kisco, NY |
| 1997 – 2003 | Director of Medical Education Northern Westchester Hospital Mount Kisco, NY |
| 1990-1994 | Adjunct, Department of Medicine Lenox Hill Hospital New York, NY |
| 1991-1993 | Clinical Instructor Cornell University Medical College New York, NY |
| 1990-1993 | Assistant Program Director Internal Medicine Residency Training Program Lenox Hill Hospital New York, NY |
| 1990-1993 | Assistant Director, Department of Medicine Lenox Hill Hospital New York, NY |
| 1989-1990 | Chief Resident, Internal Medicine Lenox Hill Hospital New York, NY |
| 1987 – 1989 | Residency, Internal Medicine Lenox Hill Hospital New York, NY |

- 1991 Attending of the Year
 Lenox Hill Hospital
- 1990 John O. Vieta, M.D. Memorial Award for
 Academic Excellence and Personal Achievement
 Lenox Hill Hospital
- 1989-1990 Upjohn Achievement Award
 Outstanding Medical Resident
 Lenox Hill Hospital
- 1978 – 1982 Phi Beta Kappa
 Summa Cum Laude
 Dean's List
 University of Pennsylvania

SPEAKING ENGAGEMENTS 2014-2015:

Upcoming

- Slow Medicine Is the Best Quick Fix for Your Health
Chappaqua Library
Chappaqua, NY
November 19, 2015
- Slow Medicine Is the Best Quick Fix for Your Health
Omega Institute for Holistic Studies
Rhinebeck, NY
September 25-27, 2015
- The Slow Medicine Approach to Cancer
Cancer as a Turning Point from Surviving to Thriving Conference
Denver, CO
September 12, 2015
- Nourishment: Food for the Mind, Body, and Soul
Slow Living Summit
Brattleboro, VT
June 4, 2015

Past

- Slow Living Is Healthy Living
The Strolling of the Heifers, with Orly Munzing and Linda McInerney
Brattleboro, VT
April 30, 2015
- Slow Medicine Approach to Cancer
Martin O'Neil Cancer Center, St. Helena Hospital
St. Helena, CA
April 27, 2015
- Slow Medicine Is the Best Quick Fix for Your Health
Tournesol Wellness
New York, NY
April 23, 2015
- Slow Medicine: Hope and Healing for Chronic Illness
Recologie
New Rochelle, NY
April 9, 2015
- Slow Medicine Is the Best Quick Fix for Your Health
Riordan Clinic, with Ron Hunninghake, MD,
Wichita, KS
March 31, 2015
- Slow Medicine Is the Best Quick Fix for Your Health
Derby Public Library
Derby, KS
March 29, 2015
- Slow Medicine Is the Best Quick Fix for Your Health
The Ark Bookstore
Santa Fe, NM
March 27, 2015
- Slow Medicine Is the Best Quick Fix for Your Health
Bookworks
Albuquerque, NM
March 26, 2015

- Slow Medicine Is the Best Quick Fix for Your Health
University of Colorado, School of Medicine, with Rav Ivker, DO,
Denver, CO
March 23, 2015
- Slow Medicine Is the Best Quick Fix for Your Health
Boulder Bookstore, with Rav Ivker, DO
Boulder, CO
March 22, 2015
- Living from the Heart Is the Best Medicine of All
Bastyr University, with Joseph Pizzorno, ND
Kenmore, WA
February 23, 2015
- Living from the Heart Is the Best Medicine of All
Barnes & Noble Booksellers
Seattle, WA
February 20, 2015
- Living from the Heart Is the Best Medicine of All
University of Washington School of Medicine, with Claudia Finkelstein, MD
Seattle, WA
February 19, 2015
- The Slow Medicine Approach to Cancer
Comprehensive Cancer Center, UC Davis Medical Center
Sacramento, CA
February 17, 2015
- Living from the Heart Is the Best Medicine of All
Barnes & Noble Booksellers
Roseville, CA
February 16, 2015
- Living from the Heart Is the Best Medicine of All
The Avid Reader
Davis, CA
February 15, 2015
- Living from the Heart Is the Best Medicine of All
Stanford Health Library, with Fred Luskin, MD
Palo Alto, CA
February 14, 2015

- Living from the Heart Is the Best Medicine of All
Book Passage, with Martin Rossman, MD
Corte Madera, CA
February 13, 2015
- Living from the Heart Is the Best Medicine of All
Barnes & Noble Booksellers, with Martin Rossman, MD
Emeryville, CA
February 12, 2015
- The Medical Imperative of Sabbath
UC Berkeley Hillel
Berkeley, CA
February 12, 2015
- Living from the Heart Is the Best Medicine of All
Congregation Shir Hadash
Los Gatos, CA
February 11, 2015
- Slow Medicine: Hope and Healing for Chronic Illness
Canyon Ranch
Tucson, AZ
February 10, 2015
- Living from the Heart Is the Best Medicine of All
University of Arizona School of Public Health, with Iman Hakim, MD, PhD
Tucson, AZ
February 9, 2015
- Living from the Heart Is the Best Medicine of All
Mostly Books
Tucson AZ
February 8, 2015
- The Slow Medicine Approach to Aging
JASA (Jewish Association Serving the Aging)
New York, NY
March 8, 2015
- Slow Medicine Is the Best Quick Fix for Your Health
92nd Street Y
New York, NY
November 18, 2014

- Slow Medicine Is the Best Quick Fix for Your Health
Omega Institute
Rhinebeck, NY
June 20, 2014

SPEAKING ENGAGEMENTS PRIOR TO 2014:

- Integrative Medicine Lecture Series at Northern Westchester Hospital, a series of four presentations:
 - "Introduction to Integrative Medicine"
 - "Traditional Chinese Medicine"
 - "Nutrition"
 - "Manual Medicine"
- Integrative Medicine Lecture Series at Northern Westchester Hospital: "Alternatives to the Flu Vaccine"
- Program in Integrative Medicine, University of Arizona School of Medicine: "Integrative Medicine Business Models - Presentations and Panel Discussion"
- Northern Westchester Hospital, Cancer and Wellness Center: "Integrative Medicine and Cancer"
- New York Arthritis Foundation: "Shifting Medical Paradigm – A New Approach to Healthcare, Healing and Wellness"
- International Complimentary and Alternative Healthcare Conference: "Creating a Successful Integrative Medicine Practice"
- The Journal News Wellness Expo: "Holistic & Integrative Medicine"
- Gilda's Club: "The Shifting Paradigm: A New Approach to Healthcare, Healing and Wellness"
- Gilda's Club: "Ask the Doctor: The Role and Principles of Integrative Medicine in Cancer"
- Blue Horizons Professional Healers Network: "The Development of an Integrative Medical Practice within the Medical Community"
- Katonah Study Group: "Integrative Medicine in Northern Westchester"

- Westchester Geriatric Committee at the Mount Kisco Presbyterian Church: “Integrative Medicine”
- Bedford Hill’s Women’s Association: “Integrative Medicine”
- Women’s OB/GYN Practice: “Integrative Medicine”
- Cambridge House: “Integrative Medicine”
- Saw Mill Club weekly sessions:
 - “Round Table Discussion Touching on Diets, Exercise, Herbs, Meditation, Nutrition, Stress Reduction, Supplements, and Teas”
 - “What Makes a Healthy Immune System”
 - “Problems with Popular Diets,” “Managing Stress”
 - “The Benefits of Meditation”
 - “Dealing with Fatigue”
 - “Problems with Sleep”
 - “Balance Activity and Exercise”
 - “Healthy Nutrition”
 - “Energy Medicine”
 - “Holistic Approach to Cancer Prevention”
 - “Maintaining an Ideal Body Weight”
 - “Stress and Aging”
 - “Integrating Holistic Medicine into Your Life”
 - “More Nutrition”
 - “Dealing with Stress”
 - “Open Forum”
 - “Guided Imagery, Hypnotherapy & Biofeedback”
 - “Good Fats, Bad Fats”
 - “Holistic Ideas for Your Next Vacation”
 - “Seasonal Nutrition”
 - “Holistic Approach to Managing Arthritis”
 - “Breast Cancer Prevention”
 - “Supplements”
- Women For Fitness: “Building a Healthy Immune System”
- Mrs. Green’s Natural Market: “Making Sense of Popular Diets”
- New York Chiropractors Association, Westchester Chapter: “Integrative Medicine”
- Women’s Auxiliary of Northern Westchester Hospital Annual Fashion Show and Fundraiser: “The Return of Holistic Medicine - Achieving a State of Balance”

- Mount Kisco Rotary: "Holistic and Integrative Medicine"
- Center for Health and Healing of Northern Westchester: "Return to Holistic Medicine"
- Heritage Hills: "Introduction to Integrative and Holistic Medicine: The Shifting Medical Paradigm"
- Gilda's Club Three Part Speakers Series:
 - "Redefining Health"
 - "Self-Assessment and Learning to Connect with Nature"
 - "Taking the First Steps: A Review of the Principles in *77 Questions for Skillful Living*"
- Bedford Seniors: "Introduction to Integrative and Holistic Medicine"
- Katonah Museum of Art: "New Year's Resolution: Achieving Better Health – Wisdom from Asia"
- Prostrate Cancer Support Group at Northern Westchester Hospital: "Holistic Approaches to Prostate Cancer"
- Temple Shaaray Tefila Women's Health Fair: "Remaining Whole, Even When Your Body Doesn't Cooperate"
- Bedford Village Library: "Integrative Medicine and Women's Health"
- Heritage Hills Community Center: "Integrative and Holistic Medicine: The Time Has Come!"
- Northern Westchester Hospital Community Presentation: "Cultivating Wellbeing – Living Better with Chronic Illness or Pain"
- Continuing Education Program, Chappaqua, NY: "Holistic Approaches to Health and Healing"
- Northern Westchester Community Presentation: "Introduction to Fasting and Detoxification"
- Northern Westchester Hospital Staff Presentation: "Colds & Flu, What to Do? Building Immunity for the Winter"

- Holistic Practitioner Network, Westchester and Rockland Counties, NY: "The Business of CAM: Creating a Successful Integrative Medicine Practice"
- Northern Westchester Hospital, Medical Staff Presentation: "Introduction to Integrative Medicine"
- Northern Westchester Hospital Community Presentation: "Building a Healthy Immune System"
- Northern Westchester Hospital Community Presentation: "Keeping the Heart in Healing"
- Northern Westchester Hospital Staff Presentation: "The Shifting Medical Paradigm"
- Continuing Education Program, North Salem, NY: "Holistic Approaches to Health and Healing"
- Bedford Environmental Summit: "The SunRaven Mindful Gardening Project"

ONGOING COMMUNITY PROGRAMS AT SUNRAVEN: THE HOME OF SLOW MEDICINE

- Aging Beyond the Trends
- Cleansing the Mind, Body & Spirit
- Honoring the Masculine
- Mindful Gardening
- Practitioner Roundtable
- Slow Medicine for Relationships
- Slow Medicine for the Family
- The Skillful Wedding
- Women's Wisdom

CONSUMER AND TRADE MEDIA 2014-2015

- An Interview with The Slow Medicine Doctor
Mindful Eating World Summit
April 30, 2015
- The Slow Medicine Doctor
WCAX (CBS)
April 24, 2015

- Slow Medicine Author to Chat in Brattleboro
Brattleboro Reformer
April 17, 2015
- It's Time for Slow Medicine
Healing Times Radio: Conversations with Extraordinary People
April 10, 2015
- Slow Medicine: Hope and Healing for Chronic Illness
KSN (NBC)
March 31, 2015
- Slow Medicine
Brett and Sierra Show – KWCH (CBS)
March 30, 2015
- Restore Your Energy by Getting Your Rhythm in Sync With Nature
Green Acres
March 25, 2015
- Slow Medicine
New Mexico Style – KASA (FOX/CBS)
March 24, 2015
- Slow Medicine: Hope and Healing for Chronic Illness
Heart and Soul
March 20, 2015
- Slow Medicine Cures Obesity, One Heart at a Time
Heart and Soul
March 20, 2015
- Dr. Finkelstein and Slow Medicine
Conscious Talk Radio
March 11, 2015
- Slow Medicine with Dr. Michael Finkelstein
Your Best Life
March 9, 2015
- Dr. Michael Finkelstein Talks about His New Book, *Slow Medicine: Hope and Healing for Chronic Illness* (print)
Mercola.com
March 5, 2015

- Slow Medicine: Hope and Healing for Chronic Illness (video)
Mercola.com
March 5, 2015
- The Slow Medicine Prescription
Natural Solutions
Spring 2015
- Doctor Explains Slow Medicine Concept
Capital Public Radio (NPR)
February 17, 2015
- Slow Medicine Gaining Momentum
KTXL (FOX)
February 16, 2015
- Slow Medicine/Slow Food/ Slow Money
KPFA (NPR)
February 12, 2015
- Healthy Eating
Tucson News Now – KOLD (FOX/CBS)
February 10, 2015
- Living Well Will Better Your Child’s Resistance to Measles
KVOA (NBC)
February 9, 2015
- Slow Medicine
Bay Sunday – KPIX (CBS)
February 8, 2015
- Slow Medicine
Glass Hospital
February 8, 2015
- Getting to Know Dr. Michael Finkelstein and His Concept of Slow Medicine
Studio Tulsa (NPR)
February 5, 2015
- Your Heart. Your Body. Your Arguments. Let’s Clear Some Things Up.
The Health and Happiness Show
February 1, 2015

- For Optimal Health, Savor Your Life
Women
Winter 2015
- Slow Medicine
Healing Journeys
January/February 2015
- Ask The Expert: Public Restroom Hand Soap
Natural Health
January/February 2015
- What Is Slow Medicine?
DrWeil.com
January 2015
- Slow Medicine Book Notice
Townsend Letter
January 2015
- Keys To An Anti-Inflammatory Life
BeliefNet.com
January 2015
- How Slow Medicine Upgraded My Life
Transformation
January 2015
- Health Forum Offers Diverse Options
Bedford Record Review
December 5, 2014
- An Interview with The Slow Medicine Doctor
Lessons in Joyful Living
December 3, 2014
- Personal Empowerment Tip
Natural Awakenings
November 2014
- Autumn: The Season of Letting Go and Losing Weight
Healing Lifestyles and Spas
Autumn 2014

- Integrative Medicine and What It Has to Offer You
Pain Pathways
October 13, 2014
- Why the Tortoise Beat the Hare: On Slow Medicine and its Role in Contributing to a More Sustainable Regional Food System
Food and Health Network of SCNY
October 10, 2014
- An Effective Approach to Obtaining Optimal Health
Exceptional People
September/October 2014
- Slow Medicine Now Offered In Westchester
Natural Awakenings
September 2014
- How to Lead an Anti-Inflammatory Life
Omega Institute for Holistic Studies
June 5, 2014

CONSUMER AND TRADE MEDIA PRIOR TO 2014

- ABC Viewpoint
- *Babytalk*
- *Better Nutrition*
- *Brides*
- *Chicago Tribune*
- Dallas News Fitness
- Dresser after Dark
- ESPN
- EverydayHealth.com
- *First*
- *Globe and Mail*
- *Healing Lifestyles & Spas*
- *Healthy Living*
- *Indianapolis Star*
- *Indianapolis Tribune*
- iVillage Health
- MSN Health
- *Natural Solutions*
- *New York Times*

- News4 New York (NBC)
- *NYMetroParents*
- *OK!*
- *Pittsburgh Post-Gazette*
- *Prevention*
- Sheknows.com
- *The Huffington Post*
- Univision
- *Westchester*
- *Westchester Parent*
- *Woman's Day*
- *Woman's World*