Health and Wellness Pioneer

Physician and author Andrew Weil is a highly acclaimed pioneer in the fields of health, wellness, and integrative medicine. Director of the Arizona Center for Integrative Medicine at the University of Arizona, he has inspired people to lead healthier, happier lives through his books, PBS specials, and appearances on CNN and Dr. Oz.

Named one of “the world’s most influential people” and “one of the 25 most influential Americans” by TIME, Dr. Weil established the practice of integrative medicine, combining conventional and alternative healing. He founded the Arizona Center in 1994, the first of its kind to include courses on mind-body interactions, nutrition, herbs, and botanicals. He holds the Lovell-Jones Endowed Chair in Integrative Rheumatology and is Clinical Professor of Medicine and Professor of Public Health.

Dr. Weil’s books, including the international bestsellers Healthy Aging, Spontaneous Healing, and Spontaneous Happiness, have improved millions of lives and sold over 10 million copies. Reevaluating and hoping to transform the healthcare industry, Weil wrote Why Our Health Matters and appeared in the 2012 documentary Escape Fire: The Fight to Save American Healthcare.

2013’s James Beard Award-nominated True Food: Seasonable, Sustainable, Simple, Pure includes 125 recipes for healthy eating at home. With locations in Arizona, California, and Colorado, his True Food Kitchen restaurants, which incorporate his dietary beliefs into the menu, have begun creating healthier communities all over the country.

Partnered with Origins, Dr. Weil created a line of clinically proven skincare formulas that apply his approach to health, wellness, and ecological responsibility to beauty and skincare. Focused on sustainability and community, Dr. Weil donates 100% of his Origins proceeds to the Weil Foundation, which has given out over $4.1 million in grants.

Dr. Weil earned his A.B. and M.D. degrees from Harvard University. Honored as the Pioneer in Integrative Medicine by The Institute for Health and Healing, Weil received the John P. McGovern Award in Behavior Sciences and was inducted into the Academy of Achievement. He contributes to TIME and The Huffington Post, writes a Self Healing newsletter and creates content for DrWeil.com and Dr. Weil’s Daily Health Tips.

He was superb...both on and off the stage. He was the perfect guest and enlightened all three audiences. He is a pro.
Foothill College Celebrity Series
Suggested Topics

**Why Our Health Matters: A Vision of Medicine That Can Transform Our Future**
Dr. Andrew Weil wants to put the “care” back in our healthcare system. Diagnosing American healthcare as terribly ill, Dr. Weil reveals where doctors, insurance companies, and pharmaceuticals lost their way and what we can do to get them back on track. When people can’t get the help they need, something needs to be done. Dr. Weil gives us a complete plan to implement positive change now and for the future. The solution involves nothing less than the creation of a completely new culture of health, wellness, and medicine in this country, one that we can start building today.

**Healthy Aging**
Aging is a natural, universal process, and a biologic fact; anti-aging remedies cannot reverse the physical changes that come with growing older. Dr. Weil believes we can age with grace and offer the information and support you need to begin maximizing you wellbeing and maintaining your health, whatever your stage of life. That means accepting the aging process, adapting to the changes it brings, and discovering its rewards. He offers insights as to how we can delay the onset of age-related disease and discomfort, including advice about diet, exercise, handling stress, protecting our minds, and bringing spirituality into our lives.

**What We Eat Matters**

**Spontaneous Happiness: Optimizing Emotional Well-Being**
One in ten Americans — including children — are taking antidepressant drugs, and the World Health Organization predicts that by the year 2030, more people worldwide will be affected by depression that by any other health condition. Dr. Weil, who has struggled with moderate depression himself through midlife, investigates how we got here, what we can do outside of traditional medicine to start feeling more content, and how we can sustain this contentment through life's inevitable dark patches. He explains how, scientifically, emotionally, and spiritually, humans have the innate ability to achieve positive emotions without external agencies — a process he calls spontaneous because it is a natural one that does not rely on drugs or other medicines.
Books and Other Works

**True Food: Seasonal, Sustainable, Simple, Pure** *Published 2012*
Showcasing fresh, high-quality ingredients and simple preparations with robust, satisfying flavors, True Food demonstrates how easy it is to eat well at home. With essays on topics ranging from farmer's markets to proper proportions, the book includes more than 125 original recipes from Dr. Weil and chef Michael Stebner, such as Curried Cauliflower Soup, Corn and Ricotta Cheese Ravioli and Vegetables with Parmesan Broth, Spicy Shrimp and Asian Noodles, Bison Umami Burgers, Chocolate Icebox Tart, Pomegranate Martini, and much, much more. (Publisher Little, Brown and Company)

**Why Our Health Matters: A Vision of Medicine That Can Transform Our Future** *Published 2009*
In Why Our Health Matters, Andrew Weil shows where American health care lost its way. Heading to the root of the problem, Weil looks at medical schools, insurance companies, pharmaceuticals, and our own lifestyle choices to lay out the problem and offer a solution. He offers a realistic vision of how we can achieve optimum health through a heightened sense of personal responsibility and a new model of medicine. (Publisher: Hudson Street Press)

**Spontaneous Happiness** *Published 2011*
Spontaneous Happiness is Dr. Weil's paradigm-shifting guide to peak emotional wellness. In the book, he redefines the notion of happiness and demonstrates the limitations of the biochemical model of mental health. He presents a vast, scientifically proven array of integrative treatment strategies for low mood and depression, drawing on techniques from Ayurveda, Buddhism, acupuncture, psychotherapy, mindfulness training, and much more. Dr. Weil offers advice on lifestyle, behavior, and dietary changes, and helps readers assess their own emotional wellness and build personalized step-by-step plans to manage their moods. Whether suffering from mild to moderate depression, or simply seeking greater contentment, Dr. Weil's science-based integrative approach will help readers achieve their goals. With fascinating case studies and a comprehensive program, this guide breaks new ground in the field of happiness. (Published Little, Brown and Company)
Healthy Aging: A Lifelong Guide to Your Physical and Spiritual Well-Being Published 2005

Weil offers a convincing portrait of aging as a natural part of life that can be active, productive and satisfying. He explores common Western beliefs and attitudes about aging and urges readers to develop healthier perspectives. He assesses the growing field of anti-aging medicine, taking the position that aging is not reversible, and offers many ways for readers to prevent conditions and illnesses that limit mortality and ensure well-being into the later years. (Source: Publishers Weekly)
Biography

Andrew Weil was born in Philadelphia in 1942, received an A.B. degree in biology (botany) from Harvard in 1964 and an M.D. from Harvard Medical School in 1968. After completing a medical internship at Mt. Zion Hospital in San Francisco, he worked a year with the National Institute of Mental Health, then wrote his first book, *The Natural Mind*. From 1971-75, as a Fellow of the Institute of Current World Affairs, Dr. Weil traveled widely in North and South America and Africa collecting information on drug use in other cultures, medicinal plants, and alternative methods of treating disease. From 1971-84 he was on the research staff of the Harvard Botanical Museum and conducted investigations of medicinal and psychoactive plants.

At present, Dr. Weil is Director of the Arizona Center for Integrative Medicine at the College of Medicine, University of Arizona, where he also holds the Lovell-Jones Endowed Chair in Integrative Rheumatology and is Clinical Professor of Medicine and Professor of Public Health. The Center is the leading effort in the world to develop a comprehensive curriculum in integrative medicine. Graduates serve as directors of integrative medicine programs around the United States, and through its Associate Fellowship, the Center is now training doctors and nurse practitioners around the world.

Named one of “the world’s 100 most influential people” by *TIME* magazine, Dr. Weil is the author of many scientific and popular articles and of 13 books: *The Natural Mind; The Marriage of the Sun and Moon; From Chocolate to Morphine* (with Winifred Rosen); *Health and Healing: Natural Health, Natural Medicine*; and the international bestsellers, *Spontaneous Healing* and *Eight Weeks to Optimum Health*. His most recent books are *Eating Well for Optimum Health: The Essential Guide to Food, Diet, and Nutrition* and *The Healthy Kitchen: Recipes for a Better Body, Life, and Spirit* (with Rosie Daley). Six of Dr. Weil’s books were #1 *New York Times* bestsellers including *Healthy Aging: A Lifelong Guide to Your Physical and Spiritual Well-Being*, published in October 2005. His latest book, *Why Our Health Matters: A Vision of Medicine That Can Transform Our Future* (Sept. '09), identifies what has gone wrong with healthcare in America and offers a realistic vision of how we can achieve optimum health through personal responsibility and a new model of medicine. His latest two books, *Spontaneous Happiness* and the 2013 JBF Award nominated *True Food: Seasonable, Sustainable, Simple, Pure*, were released in 2012 and 2013, respectively.

Dr. Weil also maintains a popular website (www.drweil.com), writes monthly column for *Prevention* magazine and appears in video programs featured on PBS. He can be found on Facebook [www.facebook.com/DrWeil](http://www.facebook.com/DrWeil) and Twitter @drweil. Dr. Weil is the founder and Chairman of the Weil Foundation, and the Chairman of Weil Lifestyle. He partners with such companies as Origins, Vasyli, and Key Baby promoting healthy products and services, and he
currently serves as the Director of Integrative Health and Healing at Miraval Resort in Catalina, Arizona. A frequent lecturer and guest on talk shows, he has been a guest on *Oprah*, *Good Morning America*, NPR's *Fresh Air*, *The Today Show*, *The Dr. Oz Show*, and many other shows. Dr. Weil is also a partner in True Food Kitchen restaurants in California and Arizona. Dr. Weil is an internationally recognized expert on medicinal plants, integrative medicine, and the reform of medical education. He lives in Tucson, Arizona.