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**FOR IMMEDIATE RELEASE**

**Interview Conventional & Integrative MD On:**

**Transforming Your Self-Care and Health Care Through Ayurveda--A Distinctly Different Integration of Various Methodologies**

Dr. Charles Elder MD MPH FACP has provided Ayurvedic treatments for over two decades and, in that time, has mastered tailoring the balance of holistic and conventional medical practices for each of his patients. Acting as a guide for those interested in supplementing their health through natural approaches, Dr. Elder and his wife, Dr. Leslie Elder MD, have created ***Picture of Health: Transform Your Self-Care and Health Care Through Ayurvedic and Integrative Medicine*** [Permanente Press], a book that asserts the art of holistic medicine exists in tandem with conventional medicinal practices to enhance a patients’ health on all fronts.

Dr. Elder has worked as a primary care internist and physician lead for the complementary and integrative medicine programs at Kaiser Permanente Northwest (KPNW) for more than 20 years. As a conventional medicine doctor working in a large comprehensive medical center, he has successfully integrated alternative modalities into his practice. In these roles, Dr. Elder is able to offer his patients advising in the areas of diet, exercise, herbal medicine, and mind-body practices through his referral based ayurvedic clinic.

Dr. Elder has spent 20 years mentoring residents and students from both integrative and internal medicine practices. His experience teaching, practicing professionally and practicing personally both traditional and holistic medicine have translated into ***Picture of Health.***

With an abundance of experience, between both primary care and integrative medicine, Dr. Elder is uniquely qualified to guide patients through a self-assessment of their own needs and what ayurvedic care can provide for them personally.

*“*My book details how to integrate the best of conventional and holistic medicine in a responsible, sensible, and effective way from both a professional and personal perspective,” says Elder. “The narrative reflects over 2 decades of clinical experience practicing integrative medicine and Ayurveda in a conventional managed care setting. We distill complex health related topics into simple, practical, straightforward guidelines.”

A thought-leader in the holistic medicine space, Dr. Elder is available for interviews and byline articles on topics including, but not limited to:

* How to build up your body’s immunity now before the second COVID-19 wave arrives
* Ayurvedic eating to minimize stress and anxiety
* The most important every-day practices that individuals can do to enhance their health: Including avoiding raw foods and cold drinks, emphasizing lunch as your main meal of the day and many more.
* Proven, effective, non-pharmacologic therapies that can help with anxiety and depression that put the patient in control, including mediation, diet, and herbs.
* Why so many people are interested in complementary and integrative medicine

**DR. CHARLES ELDER MD MPH FACP received his MD and MPH degrees from Boston University School of Medicine, and completed residency training in internal medicine at the University of Michigan hospitals. He has served as a primary care internist at Kaiser Permanente Northwest (KPNW) for 28 years, and has been the physician lead for the complementary and integrative medicine program at KPNW for 20 years. In this capacity, Dr. Elder offers a referral based integrative ayurvedic clinic, advising patients in the areas of diet, exercise, herbal medicine, mind-body practices, and other complementary medicine modalities. Dr. Elder holds a Senior Investigator appointment at the Kaiser Permanente Center for Health Research, where he has served as principal or co- investigator on a range of federally funded studies evaluating mind-body and other complementary medicine interventions in the setting of chronic disease management. He served as lead investigator for an NIH sponsored trial evaluating a clinical Ayurvedic intervention for type 2 diabetics, which was among the first published trials exploring multimodality Ayurvedic interventions to be published in the North American literature. He also has clinical faculty appointments at Oregon Health and Science University and Maharishi International University, and for over 2 decades has mentored and taught residents and students in both internal and integrative medicine settings.**

**Dr. LESLIE ELDER MD received her MD degree from the University of Nevada School of Medicine, and completed residency training in family medicine at the University of Michigan hospitals. She practiced urgent care medicine for 15 years, during which time she also maintained a private integrative medicine practice focused on Ayurvedic herbal and dietary therapeutics. Dr. Elder is both an accomplished gourmet vegetarian cook as well as a talented visual artist. (http://leslieelder.com/) Her work has been displayed in multiple venues through ORA Northwest Jewish Artists, the Oregon Watercolor Society, and in other settings. She is a member of the Oregon Society of Artists.**

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