

FOR IMMEDIATE RELEASE

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THE SOURCE:

Unleash Your Natural Energy, Power up Your Health & Feel 10 Years Younger
“How-To” Guide For Creating and Maximizing Energy

New York, NY (October 3, 2008) If you find yourself constantly asking, “Why do I feel so tired and drained?” you are not alone. Exhaustion is epidemic in America. “Lack of energy” is one of the top five complaints to doctors nationwide and at least 75 million people admit privately to feeling “extreme fatigue” at work. Too many people are tired, and they’re sick of being tired. The reason for so much fatigue is that vast numbers of people have lost their connection with the vital energy that is the source of healing.

But now Woodson (Woody) Merrell, M.D., one of the nation’s preeminent Integrative Medicine specialists, shows us that it doesn’t have to be this way. In ***THE SOURCE: Unleash Your Natural Energy, Power Up Your Health, and Feel 10 Years Younger*** (Free Press; September 23, 2008; \$26.00), Dr. Merrell tackles the problem head on with a breakthrough, 6-step, 21-Day Plan for how to become an “energy creator” rather than an “energy consumer.”

In his long-awaited first book, Dr. Merrell offers a way to break the fatigue cycle and achieve the abundant energy that leads to true health. In his more than 20 years of medical practice, Dr. Merrell has discovered core concepts about energy that draw on both Western medical knowledge and Eastern healing practices. In **THE SOURCE**, readers will learn:

- A new perspective on illness and health that stimulates and incorporates the body’s inherent healing energy;
- The six essentials of energy creation: Power Mind (stress management), Power Food (diet & nutrition), Power Exercise, Power De-Tox, Power Rest and Power of Connection (spirituality);
- The latest scientific breakthroughs on how the body generates energy and ways to maximize the body’s energy-making mechanisms;
- How to think about, conserve and create energy the way Eastern health practices do, with simply ways to energize meditation and yogic breathing;
- Complimentary/alternative approaches to curing fatigue and improving health, such as homeopathy, acupuncture, herbs and body work;
- A 21-day, step-by-step plan – complete with recipes – for increasing energy.

The most comprehensive, authoritative and revolutionary health book on human energy, *THE SOURCE* offers accessible, clear solutions for living, looking and feeling better. “As readers undertake this program, they will tap into the source of life’s essential force – which is energy – and increase their own while experiencing incredible changes in mind, body and spirit,” says Dr. Merrell. “I’ve used this program in private practice for twenty years to help thousands of patients power up their bodies and wake up to life.”

About Dr. Merrell:

Woodson (Woody) Merrell, MD, has been frequently featured on or quoted in such national media as Good Morning America, The View, MSNBC, CNN, PBS, NPR, Vogue, The New Yorker, Wall Street Journal, Self, Time and New York magazine, which named him one of ten “Leaders of the Millennium.” In addition to serving as The Anthony M. Fischer Chairman of the Department of Integrative Medicine at Beth Israel Medical Center, Manhattan campus of Albert Einstein College of Medicine, and Founding Director of the Continuum Center for Health & Healing, Dr. Merrell is an assistant clinical professor of medicine at Columbia University College of Physicians and Surgeons. Since 1985 he has maintained a high-profile private practice in integrative medicine and acupuncture (with numerous celebrity clients) on Manhattan’s Upper East Side.

If you’d like to arrange an interview with Dr. Merrell, please contact Elizabeth Dowling in the public affairs office at: 212-523-4047.

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