

FOR IMMEDIATE RELEASE

Integrative Medicine Alum Authors Book on Living a Richer Life

Utilizes experience in health and wellness to overcome obstacles and increase performance

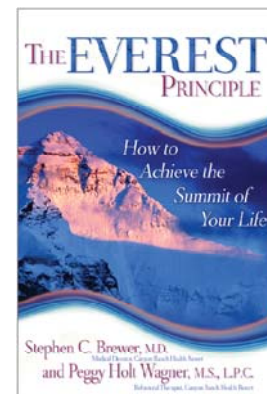


TUCSON, Ariz., Feb. 4, 2010 – Stephen Brewer, M.D. AAFP, graduate of the Associate Fellowship of Integrative Medicine at the Arizona Center for Integrative Medicine (AzCIM), has coauthored the book, **The Everest Principle-How to Achieve the Summit of Your Life**, published by Hay House.

The book focuses on working with the reader to overcome barriers, attain high-level goals, and enhance life in every way.

Dr. Brewer completed the Associate Fellowship through AzCIM, at the University of Arizona College of Medicine, in 2002 and thereafter became the first Medical Director of TriHealth Integrative Medicine in Cincinnati, Ohio. He then accepted the position of Medical Director of Canyon Ranch Health Resorts in Tucson, Ariz. 2004, one of the top resorts and spas in the United States. He is Clinical Assistant Professor of Medicine at the University of Arizona and Adjunct of the Medical Staff at the Cleveland Clinic. At Canyon Ranch, Dr. Brewer and his co-author Peggy Holt Wagner, MS, have organized and developed the Canyon Ranch Peak Performance Program. The focus of this program is to use an integrative approach to help all individuals perform to their highest potential.

This book is a culmination of more than 25 years of practice. It is called *The Everest Principle* because of the challenge it represents, and as a means to guide the reader through the trail markers for peak performance in tackling his or her own personal Mt. Everest. The Principle requires the use of an integrative approach that addresses medical, nutritional, physical, and behavioral health. It is designed to address real-life challenges such as building stronger relationships, getting ahead in the workplace, running a first 5K race, or weight loss.



The book is available now on Amazon.com, barnesandnoble.com and borders.com.

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About the Arizona Center for Integrative Medicine

The Arizona Center for Integrative Medicine leads the transformation of health care by creating, educating and actively supporting a community that embodies the philosophy and practice of healing-oriented medicine, addressing mind, body and spirit. Integrative medicine is healing-oriented and makes use of conventional and alternative therapies as appropriate. Since its inception, the Center has focused its efforts on three areas: education, clinical care and research, with the primary emphasis on education. We built the Center on the premise that the best way to change a field is to educate the most gifted professionals and place them in settings where they can, in turn, teach others. To learn more about the Center, visit www.azcim.org