



THE UNIVERSITY OF ARIZONA

Andrew Weil Center for Integrative Medicine

May 11, 2020

Drs. Andrew Weil, Victoria Maizes Host New Integrative Medicine Podcast, ‘Body of Wonder’

The ‘Body of Wonder’ podcast from the University of Arizona Andrew Weil Center for Integrative Medicine is recorded in Tucson and acquaints listeners with new ways to think about health and medicine.

TUCSON, Ariz. – The [Andrew Weil Center for Integrative Medicine](#) (AWCIM) at the University of Arizona announced the launch of a new podcast series, “Body of Wonder,” with four exciting episodes ready for listeners now.

The show is recorded at the Tucson home of integrative medicine pioneer, **Andrew Weil, MD**, founding director of the center, and features conversations with thought-provoking physicians, researchers and authors at the forefront of integrative health and wellness. Dr. Weil and **Victoria Maizes, MD**, the center’s executive director and inaugural Andrew Weil Endowed Chair in Integrative Medicine, host the series and interview a variety of experts focusing on the research, ideas and clinical experiences that are changing medicine today. Each episode is about 20-30 minutes long.

Asked what inspired creation of the podcast, Dr. Weil replied, “We’re in touch with a lot of interesting people with novel ideas. Our hope was to bring these people on our podcast and acquaint listeners with some of these new ways of thinking about medicine.”

Recent guests and episodes include: famed author, speaker and alternative-medicine advocate **Deepak Chopra, MD**, “Consciousness: (The Self) Experience of a Lifetime”; **Bonnie Kaplan, PhD**, (winner of the [2019 Dr. Rogers Prize for Excellence in Complementary and Alternative Medicine](#)), “Brain Health and Broad-Spectrum Micronutrients”; and award-winning journalist and author **Donna Jackson Nakazawa**, “Friendly Fire: How the Brain’s Tiniest Cells Hold Hope for Autoimmune Diseases and Mental Disorders.”

Upcoming guests include author, mycologist and costar of the 2019 documentary film [“Fantastic Fungi.”](#) **Paul Stamets**; zoonotic disease journalist, **David Quammen**; guided imagery pioneer, **Belleruth Naparstek**; and longevity and fasting expert, **Valter Longo, PhD**, University of Southern California Davis School of Gerontology.

Listeners can engage with guests and the hosts. “We want to hear your thoughts on who you would like to hear from,” Dr. Maizes said. Individuals can leave a voice message at (520) 621-3950 or submit a question on the Body of Wonder website: www.azcim.org/podcast. The show producers listen to every message and try to include as many ideas recommended as possible in the series.

Audiences can listen to the show for free 24/7 on several mediums, including the center’s website – www.azcim.org/BodyofWonder – or through the following apps: [iTunes Podcasts](#), [Google Play Podcasts](#), [Spotify Podcasts](#) or [Youtube](#).

Dr. Maizes also is a professor of medicine and public health, associate professor of family and community medicine, and chief of the [Division of Integrative Medicine](#) at the [College of Medicine – Tucson](#); Dr. Weil also is the Jones and Lovell Endowed Chair in Integrative Rheumatology at the college.

###

Media Contact:
Kayla Espinoza
520-626-1892
kaylae@arizona.edu

About the Andrew Weil Center for Integrative Medicine

The Andrew Weil Center for Integrative Medicine (AWCIM) at the University of Arizona is leading the transformation of health care by creating, educating and actively supporting a community that embodies the philosophy and practice of healing-oriented medicine. AWCIM is internationally recognized for its evidence-based clinical practice, innovative educational programs and research that substantiates the field of integrative medicine and influences public policy. Since its creation in 1994, AWCIM's vision of making integrative care available to all is being realized worldwide: AWCIM graduates are now guiding more than 1 million patients to take a greater role in their health and healing. For more information: awcim.arizona.edu (Follow us: [Facebook](#) | [Twitter](#)).

About the University of Arizona Health Sciences

The University of Arizona Health Sciences is the statewide leader in biomedical research and health professions training. The UArizona Health Sciences includes the Colleges of Medicine (Tucson and Phoenix), Nursing, Pharmacy, and the Mel and Enid Zuckerman College of Public Health, with main campus locations in Tucson and the growing Phoenix Biomedical Campus in downtown Phoenix. From these vantage points, the Health Sciences reaches across the state of Arizona and the greater Southwest to provide cutting-edge health education, research and community outreach services. A major economic engine, the Health Sciences employs nearly 5,000 people, has approximately 4,000 students and 900 faculty members, and garners \$200 million in research grants and contracts annually. For more information: uahs.arizona.edu (Follow us: [Facebook](#) | [Twitter](#) | [YouTube](#) | [LinkedIn](#) | [Instagram](#)).

NOTE: Photos available here – <https://arizona.box.com/s/qpjbyly2is0hxc5ox76x1f0byt6gy7bq>