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FOR IMMEDIATE RELEASE

Integrative Medicine faculty release integrative women's health guide

Combined expertise creates the ultimate resource for practitioners and the public

TUCSON, Ariz., Feb. 4, 2010 – Victoria Maizes, MD and Tieraona Low Dog, MD, world-renowned authorities in integrative women's health, have assembled a diverse network of clinicians and scientists to author their new book, Integrative Women's Health, published by Oxford University Press.

"We intentionally chose all women authors as a tribute to the growing influence of women providers and their unique perspective." said Maizes.

"The book weaves together the latest scientific evidence on allopathic treatments, safe and effective use of herbs and vitamins, nutritional approaches, acupuncture, and mind body strategies all the while attending to the art of medicine."

Maizes is the Executive Director and Low Dog the Fellowship Director at the Arizona Center for Integrative Medicine. The Center was founded in 1994 at the College of Medicine at the University of Arizona by Andrew Weil, MD. Since then, the Center has grown from a visionary concept to a recognized world leader in integrative medical education. Drs. Maizes and Low Dog are frequently invited to speak on all matters of integrative health, but specialize in women's health. This book was edited by the two clinicians in response to ongoing demand from health professionals and concerned public for a reference book of this sort.

"It is our passionate belief that there are multiple causes of illness and disease and that there are multiple routes to healing and it was from within this philosophical stance that our textbook was conceived, written and labored into being," said Low Dog. "Women clinicians and scholars shared their wisdom and perspectives on topics ranging from aging, spirituality, and sexuality; to cardiovascular disease, depression, and menopause. Voices from conventional medicine resonate alongside those from naturopathy, chiropractic, psychology, homeopathy, Traditional Chinese Medicine and Ayurveda. Thus, unlike many primers on women's health that emphasize either an alternative or conventional approach – we designed this text to be integrative at its very core."

Integrative Women's Health is available now on Amazon with a 20 percent discount.

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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.

About Victoria Maizes, MD

Victoria Maizes, MD is Executive Director of the Arizona Center for Integrative Medicine at the University of Arizona and an Associate Professor of Medicine, Family and Community Medicine and Public Health. A graduate of Barnard College, she received her MD from the University of California, San Francisco, College of Medicine, completed her residency in Family Medicine at the University of Missouri, Columbia and her Fellowship in Integrative Medicine at the University of Arizona. As founding co-chair of the education committee of the Consortium of Academic Health Centers for Integrative Medicine, whose mission is to promote integrative medicine, Dr. Maizes led a team of educators developing objectives for medical students in integrative medicine.. Dr. Maizes has stewarded the growth of the Arizona Center for Integrative Medicine from a small program educating four residential fellows per year to a designated Center of Excellence training over 250 residents and fellows annually. She helped create the comprehensive curriculum in integrative medicine used for fellows and pioneered multiple innovative educational programs including the Integrative Family Medicine Program, and Integrative Medicine in Residency, two national models for educating primary care physicians. In 2009 she was named one of the world's 25 intellectual optimists by ODE magazine.

About Tieraona Low Dog, MD

Dr. Low Dog's extensive career in studying natural medicine and its role in modern health care began more than thirty years ago. She studied midwifery, massage therapy, and was a highly respected herbalist, serving as President of the American Herbalist Guild and running a teaching clinic in Albuquerque, before going on to receive her Doctor of Medicine degree from the University of New Mexico School of Medicine. Dr. Low Dog has been with the Arizona Center for Integrative Medicine since 2000 and currently serves as the Fellowship Director as well as being a Clinical Associate Professor in the Department of Medicine at the University of Arizona College of Medicine. Additionally, in 2000, she was appointed by President Bill Clinton to serve on the White House Commission of Complementary and Alternative Medicine and served as a member of the Advisory Council for the National Institutes of Health National Center for Complementary and Alternative Medicine (NCCAM) from 2003-7. Dr. Low Dog has been the elected Chair of the United States Pharmacopeia Dietary Supplements and Botanicals Expert

Information Committee since 2000. Her many honors of distinction include the Martina de la Cruz medal for her work with indigenous medicines (1998), Time magazine's 'Innovator in Complementary and Alternative Medicine' (2001), Bioneer's Outstanding Contribution to Medicine (2001), the Burt Kallman Scientific Award (2007) and NPR's People's Pharmacy Communicator award (2009). Dr. Low Dog is the author of Complementary and Integrative Approaches to Women's Health (Elsevier publisher), serves on the editorial/advisory boards of Menopause, Alternative Therapies in Health and Medicine, Explore journals, Prevention magazine and the American Botanical Council and has been an invited speaker to more than 400 scientific/medical events around the world.