

## About the Author



**Dr. Mark William Cochran**

Dr. Mark William Cochran is a living testimonial to the lessons he teaches. He wrote *Oby's Wisdom* to share the important lessons he learned that allowed him to transform himself from a virtually crippled arthritic into a marathon runner. After struggling with inflammatory arthritis for many years, and being forced out of the U.S. Marine Corps on disability, he devoted himself to the healing arts. He is a magna cum laude graduate of Palmer College of Chiropractic. Mark and his *Doctor Within* overcame the chronic disease that plagued him for so many years, and today remains healthy, fit and active.

**Bottom line:** He could be costing his former employer (U.S. taxpayers) thousands of dollars per year in healthcare costs; instead, he costs next to nothing.

Dr. Cochran is a thought leader in today's troubled healthcare arena, espousing the importance of simplicity in health and healing. His simple yet powerful message, which he believes to be the very foundation of vibrant health is: "***Turn your health inside out.***"

Dr. Cochran brings a unique and thought provoking perspective to his writing and speaking. Some of his thoughts:

"The 'Doctor Within' is the most successful doctor in history."

"We don't have a healthcare system. We have a disease industry."

"If you want healthy kids, let them get dirty."

"Colds are cool!"

Lovers of Nature and the great outdoors, Dr. Cochran, his lovely wife, Cricket and their fuzzy feline companions feel blessed to live, love, work and play amid the towering pines, majestic mountains and sparkling lakes of the Idaho panhandle.

**Contact Dr. Mark: 208-304-2330; [DrMark@DrMarks-Holistic-Health.com](mailto:DrMark@DrMarks-Holistic-Health.com)**