

Our Nation's Health is in Crisis

But there are simple solutions...



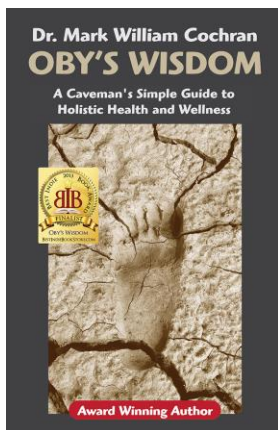
Dr. Mark William Cochran
Holistic Health Doctor
Speaker

Author of:

Oby's Wisdom!

***A Caveman's Simple Guide to
Holistic Health and Wellness***

Bitterroot Mountain Publishing, 2010



Media experience:

Dr. Mark has been well received as a guest on dozens of national, regional and internet radio talk shows.

***"You were fun and informative. I love the caveman concept and thought you developed it well.
We'd certainly love to have you back!"*** ~ Steve Seidenfeld, KOA-AM, Denver

**"We don't have an effective, caring healthcare system;
what we have is a disease industry..."**

Dr. Mark William Cochran speaks from experience. He overcame years of chronic arthritis pain to become a triathlete and marathon runner. On his healing journey, Dr. Mark personally experienced the confusion, frustration and hopelessness that are all-too-common side effects of our complex, ineffective healthcare system. His transforming revelation:

The solutions are simple!

• STORY IDEAS:

- **From Arthritic to Marathoner:** *How This Natural Health Doctor Transformed His Health (And How You Can, Too)*
- **Why You Should Encourage Your Children to Play Dirty:** *No, you shouldn't tell your kids to cheat at sports – but you should encourage your to children play in the dirt as often as possible.*
- **Is it possible to be too health conscious?** *Why This Author Feels that the Obsession with Health is Actually Making Many People Less Healthy.*
- **From Band-aids to Vitamins:** *Five Health Mistakes Good Parents Make (And What to Do Instead)*
- **Want a Healthy Life?** *Start Acting Like a Caveman!*

Contact: Dr. Mark William Cochran

208-304-2330 (Idaho, Pacific time) • media@DrMarks-Holistic-Health.com

www.DrMarks-Holistic-Health.com • www.ObysWisdom.com