

Sample Interview Questions for  
**Dr. Mark William Cochran**

Author of

*Oby's Wisdom! A Caveman's Simple Guide to Health and Well-being.*

- Your book is *Oby's Wisdom! A Caveman's Simple Guide to Health and Well-being*. I think that, right up front, the title begs the question: Hasn't modern medicine given us a much longer life expectancy than cave dwellers had? (p. xv)
- You have experienced quite a healing miracle in your own life – from crippled arthritic to marathon runner. Tell us little about that. (p. 40)
- You tell a lot of great stories in your book. Would you care to share one or two of them with us?
- You make some really “out of the box” statements in the book. One that was a real eyebrow-raiser for me was: (*Interviewer, take your pick.*)
  - Colds are cool. (pp. 28, 68, 74, 160)
  - Germs are *not* the cause of disease. (p. 31)
  - Doctors don't understand wellness. (p. 38)
- *Oby's Wisdom* is full of tips about health that are simple and practical, but really are surprising. Can you share your top two or three with our listeners?
  - Before you start a new exercise program, you should *not* consult your doctor first, as we are always told. (p. 142)
  - If you want to lose weight, first lose your scale. (p. 124)
  - If you want healthier kids, let them get dirty. (p. 159)
- You also give some pretty startling facts and figures. (*Interviewer, take your pick.*)
  - Modern medicine is the 3<sup>rd</sup> leading cause of death in the U.S. (p. 44)
  - The U.S. ranks near the bottom of industrialized nations in quality and effectiveness of healthcare.
- If someone wants to improve their overall health, what's the single most important piece of advice you can give them?
- I understand you plan to personally deliver a copy of your book to every Member of Congress and every Senator. Why are you doing this?
  - Do you really think that's going to have any impact?