

Mark Liponis, M.D.

In addition to his role as Canyon Ranch Corporate Medical Director Mark Liponis, M.D., is a bestselling author, national speaker and TV & radio show personality. His audiences appreciate his ability to inspire and enlighten in an engaging and entertaining way. Dr. Liponis understands that effective speakers make information accessible and advice actionable. His work at Canyon Ranch has taught him what people want to know and how to best get this message across.

Dr. Liponis is a practicing physician who also has experience as a patient. A diagnosis of kidney cancer at age 37, resulting in the removal of a kidney, led him to his own search for true prevention, healing and wellness.

His book, *UltraLongevity: The Seven-Step Program for a Younger, Healthier You* (Little Brown, September 2007) explains new insights into healthy aging and prevention, and provides a message and a roadmap that will help everyone take steps to improve their own health and aging. In his prior book, *UltraPrevention: The Six-Week Plan That Will Make You Healthy for Life* (Scribner, September 2003), Dr. Liponis discusses the roots of illness and how nutrition, exercise, proper use of vitamins, stress reduction and relationships can help to prevent illness and disease.

Dr. Liponis has appeared on *The View*, *The Today Show*, *The Jane Pauley Show*, *The Rachael Ray Show*, *CNN News*, *Fox News*, and other national TV, radio news and talk shows. He has also contributed to a number of books, journals, and national magazines.



CREDENTIALS

Doctorate in Medicine,
University of
Massachusetts
Medical School

Board-certified in
Internal Medicine

Advisory board member,
zerofootprint.net,
an environmental
advocacy group

Topics

ULTRALONGEVITY

We all want to live to be very old – we just want to stay young in the process. The latest scientific research is teaching us some surprising facts about aging that are the opposite of what many of us think. There are many examples in nature of animals and plants that don't age at all – so why do humans have to age? How can we slow down, stop, or reverse the aging process? Dr. Liponis explores the possibility of humans living well beyond 100 years without illness, disability or loss of function – information you need to know.

TOPICS continued on back



Tennis is Mark's activity of
choice away from the office.

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ULTRAPREVENTION

It's no longer a suitable strategy to wait until symptoms of illness and disease appear and are diagnosed. For truly optimal and enduring health, a more proactive strategy – beyond eating right and exercising regularly – is required. Become informed about the roots of illness and develop a personal strategy for counteracting the forces that lead to illness. Learn which tests you should ask for from your physician to best forecast your future health and wellness.

BOOSTING BRAIN POWER

By learning the 10 steps for better brain power, you can help prevent Alzheimer's, dementia, brain aging and memory loss. Learn how functional foods, brain nutrients, brain fitness, attitudes and emotions can affect long-term function. Discover techniques you can use immediately to improve brain function and prevent decline.

THE SCIENCE OF WEIGHT LOSS

Give up fad diets and win freedom from the "battle of the bulge" once and for all. Find out how to lose weight, keep it off and improve your health and energy levels in the process.

Also...

- BEATING CANCER: MY PERSONAL STORY AND HOW IT CAN HELP YOU
- OUR TOXIC WORLD: HOW TO PROTECT YOURSELF
- NEW STRATEGIES FOR BREAST CANCER PREVENTION

CANYON RANCH®
The Power of Possibility.