

FOR RELEASE: Immediate

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NEW HEALTH INFORMATION SOURCE

(Plano, TX) – There is a new source of health information on complementary and alternative medicine on the Internet. The award-winning book *UnBreak Your Health – The Complete Guide to Complementary & Alternative Therapies* (Loving Healing Press 2007) is now adding podcast chapters weekly at <http://www.unbreakyourhealth.com>. Author and now podcast host Alan Smith explained “People are information snackers today, they want information in more convenient forms, so my publisher suggested adding a podcast version of the book.”

The first 20-minute program was posted on July 17th featuring Dr. Philip Slocum, Dean of the Kirksville College of Osteopathic Medicine, the first medical facility of its kind in the world. “Most people don’t realize that osteopaths or D.O.’s are fully licensed medical doctors, they just have extended training in their osteopathic specialty” said Smith. “Dean Slocum did a wonderful job of explaining osteopathy and what it can do for people in just a few minutes.”

The second podcast will be airing on July 24th with guest Dr. Kurt Wood, Dean for Clinic Affairs at the Palmer College of Chiropractic, the first chiropractic school in the world, founded in 1897. With 60,000 chiropractors in America today and since 80% of adults will experience back pain at some time in their lives it’s one of the most popular forms of complementary and alternative medicine today.

“UnBreak Your Health has over 300 listings in 138 different subjects so with one new therapy podcast each week it looks like I’m going to be busy for quite some time!” Smith predicted.

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