

# Ready, Set, Glow!

DR. STACIE STEPHENSON, LEADING LIFESTYLE MEDICINE DOCTOR AND VIBRANT DOC FOUNDER, LAUNCHES NEW BOOK

“Dr. Stacie Stephenson is a lifestyle medicine doctor who understands that health begins with the basics you control: eating good food in small portions, moving every day, and connecting with the people you love. Anyone can do it, but not everyone knows how. This book contains everything you need to know to get started and stick with healthy habits for life.”

—GOLDIE HAWN, ACTRESS AND FOUNDER OF MINDUP

In a world where so much of the health and wellness conversation is fragmented and myopic, focusing on the symptoms of poor health instead of the underlying causes, Dr. Stacie Stephenson stands out for her “whole person” approach. In “Vibrant”, Dr. Stephenson introduces a unique, holistic program that teaches readers how to harness the power of their bodies and minds to achieve better health, from the inside out. Rooted in science and the wisdom Stephenson collected throughout her decades-long career in functional and lifestyle medicine, the Vibrant program is accessible and inspiring, empowering readers with the information they need to take control of their health, get energized, and glow.

“Vibrant” starts with an overview of the basics, providing readers with practical information to help them achieve optimal health, including guidance for boosting energy, eating and exercising to feel better, and building relationships to support physical and emotional health. Dr. Stephenson delivers all the information and tools readers need to live vibrantly.

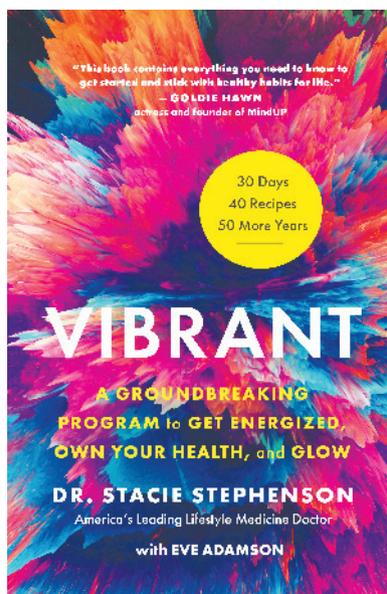
“There is no one-size-fits-all solution when it comes to health and wellness. Our bodies, biology, experiences, and habits are all unique,” said Dr. Stephenson. “I wrote “Vibrant” to empower my readers with the facts, and to inspire them with the knowledge that they already possess everything they need to achieve optimal health. The Vibrant program isn’t a prescription or static plan — it’s a lifestyle guide each of my readers can tailor and use to unlock their potential. I’m thrilled to share this book with the world and the VibrantDoc.com community.”



Richard J Stephenson and Dr. Stacie Stephenson

Along with practical advice, Dr. Stephenson shares powerful insights and personal anecdotes that will change the way readers think about everything from eating and exercise to relationships and immunity. The book concludes with a collection of easy-to-remember wellness tips and recipes, and a look into how the Vibrant movement will help shape the next 50 years in health and wellness.

“Vibrant: A Groundbreaking Program to Get Energized, Own Your Health, and Glow” is available wherever books are sold. For more information, visit: <https://vibrantdoc.com/>.



Dr. Stephenson is a recognized leader in functional medicine focused on integrative, regenerative, anti-aging, and natural medicine modalities. In addition to her functional medicine and anti-aging board certifications, she is a Certified Nutrition Specialist® and Doctor of Chiropractic. Dr. Stephenson is the Founder and CEO of health and wellness media venture, VibrantDoc, and serves as the Chair of Functional Medicine at Cancer Treatment Centers of America®. She is also a board member for the American Nutritional Association, has partnered in a joint “Healthy Communities” venture with the American Heart Association, and is the Vice Chair of Gateway for Cancer Research, a non-profit organization dedicated to funding breakthrough cancer research and early-stage clinical trials.