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Publisher Contact: Jennifer Geist/Transformation Media Books (314) 827-6567

Agency Contact: Robert Yehling/Write Away Books (917) 826-7880

Author Contact: Gayle Madeleine Randall, MD (818) 591-7600

**DR. GAYLE RANDALL'S *SOUL DOCTORING: HEAL YOURSELF, HEAL THE PLANET*  
CAPTURES THE ESSENTIALS OF A HEALTHY LIFE — AND HOW IT TRANSFORMS THE WORLD**

MALIBU, CA (April 13) — When medical futurist and renowned integrative medicine pioneer Dr. Gayle Randall took the guidance from a vision quest 25 years ago and began sketching out what became *Soul Doctoring: Heal Yourself, Heal the Planet*, she already was focused on the direct relationship between our personal well-being and how it could positively impact the world.

Now, with both our overall health, the healthcare system, and the health of the planet highly stressed and in precarious states, the timing of her central message could not be more vital.

“Many have said we are on the brink of the sixth mass extinction of the planet. These terrible predictions are based on climate changes. These are scary words, but hearing friendlier answers will help people feel encouraged to get involved, because small steps can bring about great changes,” Dr. Randall says. “The COVID shutdown showed us how sensitive the planet can be to us making behavioral changes. We actually saw the environment improve when we removed our impact from the earth. Regeneration is the answer in so many ways. It can be as simple as growing our own food, reducing our consumption of unnecessary clothing, or giving up single-use plastics. They all make a difference...and together we can do this!”

*Soul Doctoring: Heal Yourself, Heal the Planet* is available for preorder on Amazon.com and TransformationMediaBooks.com. It goes on sale through bookstores and most online booksellers on May 31. Readers can preorder by going to <https://amzn.to/3HzQg8i> (Print) or <https://amzn.to/3K5SaPN> (Kindle). It is also available via Ingram.

Dr. Randall brings all of her knowledge to bear in *Soul Doctoring*, focusing on no-nonsense steps we can all take to optimize our personal health — whole-food, plant-based diets and nutrition; the healing powers of love, compassion, prayer and meditation; and our personal relationships with our work, the environment, self-worth and purpose. She borrows from her vast background as a medical doctor and certified practitioner in more than two dozen modalities to go well beyond the diagnosis stage, presenting readers with a comprehensive supply of deeper science and wisdom behind these practices and ways of looking at ourselves and the world. The book is part personal journey, part scientific insight and part solution-finding.

(MORE)



## *SOUL DOCTORING 2-2-2*

“Both science and spirit are part of the solution for addressing health care and planetary healing,” Dr. Randall explains. “I noticed early on in my medical career that we were being encouraged to draw from science as our sacred alter. And although science is wonderful, without spirit it is incomplete. The real power of healing is to combine science and spiritual practice, which was taught to me by my indigenous and other spiritual teachers. I am thrilled to be a voice for what we need to do during this most crucial movement for the future of our planet and, potentially, our species.”

Dr. Randall combines her personal journey with dozens of stories from patients, friends, colleagues and other healers and doctors, anchoring her calls to action with practical examples of success. In many cases, she demonstrates healing that saved lives and created a sense of health and wholeness that the patient never before knew. She also delves into changing diet and nutrition as a basis for greater health. She discusses the benefits of switching from the Standard American Diet, but also how such a switch can make a monumental difference to the state of our climate and environment.

Dr. Randall also shares innovative new approaches to growing food; strategies we’re starting to see from homes, farms and ranches. “All of my studies and experiences have left no doubt that the connections between food production and supply and climate change are profound, causing carbon debt and desertification of our land,” she says. “Raising more plant-based food in a no till, organic and regenerative way can have a huge positive impact on climate change. Abandoning conventional meat production for regenerative grass-based production of animal products will help cool the earth, reducing carbon debt by eliminating crops that are grown with tilling, glyphosates and other toxic chemicals to feed animals raised under inhumane conditions... simply so we can eat them.”

“Combined, these environmentally unfriendly strategies add to humankind’s carbon debt and an overload of greenhouse gases, with the unintended consequences of poisoning our population and causing chronic disease. So many individuals forget they will benefit significantly by selecting organic, local foods; growing their own food in their yards, community plots, and inside their homes; composting; and terracing their gardens to conserve water. It all adds up, with regeneration providing long-term solutions.”

Dr. Randall is a practitioner of traditional and holistic medicine and the owner of Randall Wellness in Malibu, CA. She has spoken nationally and been a guest on network and affiliate TV programs on health-related topics. She has an extensive online media platform that includes her acclaimed Soul Stories podcast, which recently celebrated its 5,000<sup>th</sup> download (available on all podcast platforms); Friday night live Instagram TV broadcasts (her Instagram following numbers nearly 16,000); her newly launched YouTube channel; and high-traffic Facebook and LinkedIn platforms. Through the Randall Wellness Network platform and her website ([www.drgmrandall.com](http://www.drgmrandall.com)), she continually posts updates and excerpts to *Soul Doctoring*.

*Soul Doctoring* is available for preorder by going to <https://amzn.to/3HzQg8i> (Print) or <https://amzn.to/3K5SaPN> (Kindle).

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