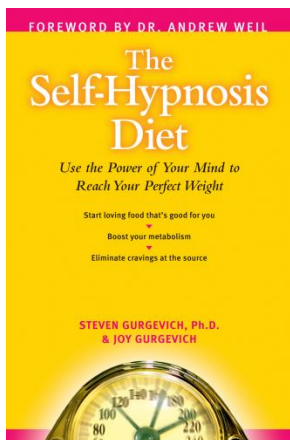




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Steven Gurgevich, Ph.D., is a faculty member at The University of Arizona's College of Medicine, where he directs the Mind-Body Clinic and teaches mind-body medicine to physicians in Dr. Andrew Weil's Program in Integrative Medicine. He is also a fellow and faculty member of the American Society of Clinical Hypnosis. His private practice, begins its thirty-sixth year in 2009 and continues to provide Steven with valuable clinical experiences.

Now, his Web site Tranceformation.com, which includes his Healing with Hypnosis audio series, has become the newest member of the psychologist's extended professional "family," with over seventy CD titles of medical-hypnosis applications. He is the author of the 16-CD *Self-Hypnosis Home Study Course*, the 3-CD *Self-Hypnosis Diet*, and *Heal Yourself with Medical Hypnosis* with co-author Andrew Weil, M.D. Steven is known as Dr. G. to his patients and to the participants of the community forums on DrWeil.com and HealthyAging.com, where he serves as the mind-body expert.

Joy Gurgevich is the creator and director of The Joy of Food, her private consulting practice. She received her degree in Nutritional Sciences at The University of Arizona, where she is a nutritional consultant and preceptor for Dr. Andrew Weil's Program in Integrative Medicine. In addition, she is the behavioral nutrition expert on DrWeil.com and HealthyAging.com. Joy's "practical training" in nutrition began in 1969, when as a Montessori teacher, she embraced a personal and very passionate quest to use nutrition for optimizing health and well-being. Now, as a behavioral nutritionist, she teaches and guides others to achieve their goals for optimum health by eating well for body, mind, and spirit.

Learn more about Joy and Dr. G. by visiting
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