

## **Connie Strasheim Media Kit**

### **Connie Strasheim Biography (short)**

Connie Strasheim is a medical researcher, author and healing prayer minister who has experienced the hardships of chronic illness firsthand through her near decade-long battle with Lyme disease and chronic fatigue syndrome. Besides co-authoring three books in the *Journey To Wellness* series with W. Lee Cowden, MD, she is the author of five books on holistic treatments for disease, including the best-selling *Insights Into Lyme Disease Treatment: Thirteen Lyme-Literate Health Care Practitioners Share Their Healing Strategies* (2009); *Beyond Lyme Disease: Healing The Underlying Causes of Chronic Illness in People with Borreliosis and Co-Infections* (2012) and *Defeat Cancer: 15 Doctors of Integrative and Naturopathic Medicine Tell You How* (2010). She has also ghostwritten a cancer book for a renowned integrative medical doctor.

### **Connie Strasheim Biography (medium)**

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Through her battle with severe chronic illness, Connie has learned that attaining wellness isn't just about eliminating infections, detoxifying the body or balancing the hormones—it's about addressing all the factors that caused the body to break down in the first place. These include all environmental, psycho-emotional,

lifestyle and spiritual issues that cause or contribute to damage, discontent and—ultimately—“dis-ease” in the body, mind and spirit. She has also learned, through her experience and research, that in order to be well—never mind whole—in today’s world fraught with stress and toxicity, many tools are required. In her and Dr. Cowden's book series, *The Journey to Wellness*, she and Dr. Cowden share some of these tools. More information about Connie’s work can be found at: [www.conniestrasheim.com](http://www.conniestrasheim.com).

### **Connie Strasheim Biography (long)**

Connie Strasheim was born and raised in Lakewood, Colorado, but has lived in such diverse places as Queens, NY, Buenos Aires, Argentina, London, England and San Jose, Costa Rica. She has traveled to over 50 nations on 5 continents besides. She currently resides in a suburb of Dallas, Texas, where she writes books on holistic wellness, teaches about healing, leads a prayer conference call group, and practices healing ministry at her local church.

A former flight attendant with United Airlines, Connie’s airline career ended abruptly in 2004 when she became disabled at age 30 with chronic Lyme disease. In the years that followed, she went from being a world traveler who served hundreds of people a day on airplanes, to a housebound medical researcher who served hundreds through the Internet and her books and blog on Lyme.

She has co-authored, along with Dr. Lee Cowden, MD, three books in the *Journey To Wellness* series (2014). These include: *Create a Toxin-Free Body and Home...Starting Today*, *Foods that Fit a Unique You*, and *Bioenergetic Tools for Wellness*.

Connie is also the author of five books on holistic treatments for different diseases, including the best-selling *Insights Into Lyme Disease Treatment: Thirteen Lyme-Literate Health Care Practitioners Share Their Healing Strategies* (2009); *Beyond Lyme Disease: Healing The Underlying Causes of Chronic Illness in People with Borreliosis and Co-Infections* (2012), *Defeat Cancer: 15 Doctors of Integrative and Naturopathic Medicine Tell You How* (2010), *Healing Chronic Illness: By His Spirit, Through His Resources* (2010) and *The Lyme Disease Survival Guide: Physical, Lifestyle and*

*Emotional Strategies for Healing* (2008). In addition, she has ghostwritten a cancer book for a renowned integrative cancer doctor.

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Connie enjoys seeing people become whole, in body, mind and spirit, and her writing, teaching and ministry focus upon healing all aspects of the person- body, mind and spirit. In addition to ministering to people with chronic illness, she enjoys traveling and helping the underprivileged in third world nations through missions work.

## **Press Release**

### **New Detoxification Book Reveals Strategies for Cleaning Environmental Toxins From the Body and Home**

June, 2014- Dallas, TX and Denver, CO

A new book, *Create a Toxin-Free Body and Home...Starting Today*, by integrative cardiologist W. Lee Cowden, MD and medical writer Connie Strasheim is the first in the *Journey to Wellness* series, which describes lifestyle, dietary and holistic medical tools for optimal health.

In this first book, Strasheim and Cowden discuss household and environmental toxins that are the cause of many of today's chronic, degenerative diseases, and provide solutions for removing these toxins from the body and home, in order to heal from illness and maintain optimal wellness.

The authors write, "All of us are affected by toxins. Nobody in modern-day society is exempt from their influence because they abound in the air, water and food supply, as well as in our homes, household products, cars, and industrial substances and materials that we come into contact with daily."

Today, newborn babies are born with more than 200 toxic chemicals in their bodies, and many people are suffering from chronic symptoms, such as fatigue, insomnia, depression, pain, gastrointestinal problems, brain fog and anxiety—among others, which are caused by a wide variety of environmental toxins.

In *Create a Toxin-Free Body and Home...Starting Today* Dr. Cowden and Ms. Strasheim describe the toxins that can cause these symptoms, and

provide strategies for removing them from the body and home, as well as information about how to maintain a clean living and work environment.

The toxins described include:

- Electromagnetic pollution
- Industrial chemicals
- Household cleaning and personal care products
- Food, water and airborne toxins such as microbes, antibiotics, herbicides, artificial hormones and pesticides
- Furniture, carpet, pet and other household toxins
- Mold and mycotoxins

*Create a Toxin-Free Body and Home...Starting Today* is ideal for people who want to know how to be healthy in today's toxic world, as well as for those who want to discover how to heal from environmental illness, or learn whether their symptoms are caused by toxins.

The book provides succinct and simple, yet plentiful guidelines on toxin removal, as well as how to make healthy lifestyle choices for optimal wellness.

### **Availability**

The book will retail for USD \$17.95 and is available at: [ACIMConnect.com](http://ACIMConnect.com) and [www.ConnieStrasheim.com](http://www.ConnieStrasheim.com).

Dr. Cowden can be contacted for media interviews at:

[info@acimconnect.com](mailto:info@acimconnect.com) and [www.acimconnect.com](http://www.acimconnect.com). Connie Strasheim can be contacted at: 303-949-3347, or [conniestrasheim@conniestrasheim.com](mailto:conniestrasheim@conniestrasheim.com).

### **About the Authors**

## **W. Lee Cowden, MD**

W. Lee Cowden, MD, is an integrative medical doctor and U.S. board-certified cardiologist and internist, internationally renowned and recognized for his knowledge and skill in practicing and teaching integrative medicine.

He is Chairman of the scientific advisory board and Academy Professor for the Academy of Comprehensive Integrative Medicine (ACIM). ACIM is dedicated to shifting the healthcare paradigm toward wellness by training and supporting practitioners in a variety of holistic health disciplines, conducting research, and implementing therapeutic innovations to create a new global wellness care community.

Dr. Cowden has pioneered successful treatments for a myriad of diseases, including chronic fatigue syndrome, cancer, autism, fibromyalgia, heart disease, Lyme disease, and others. More information about Dr. Cowden and his work can be found on the Academy of Comprehensive Integrative Medicine website: [ACIMConnect.com](http://ACIMConnect.com).

## **Connie Strasheim**

Connie Strasheim is a medical researcher and writer who has experienced the hardships of chronic illness firsthand through her near decade-long battle with Lyme disease and chronic fatigue syndrome.

Besides coauthoring the books in *The Journey to Wellness* series, she is the author of five books on holistic and integrative treatments for disease. They include:

- The best-selling *Insights into Lyme Disease Treatment: Thirteen Lyme-Literate Health Care Practitioners Share Their Healing Strategies* (2009);
- *Beyond Lyme Disease: Healing The Underlying Causes of Chronic Illness in People with Borreliosis and Co-Infections* (2012);
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**New Diet Book Reveals How to Find Foods that Fit your Unique Needs**

July, 2014- Dallas, TX and Denver, CO

A new book, *Foods that Fit a Unique You*, by integrative cardiologist W. Lee Cowden, MD and medical writer Connie Strasheim, is the second in the *Journey to Wellness* series. It is based on the premise that there is no such thing as a one-size-fits-all diet that works for everyone, and describes six factors to consider when tailoring a diet to a person's individual needs.

*Foods that Fit a Unique You* is divided into three parts. In the first, Dr. Cowden and Ms. Strasheim share general guidelines about how to choose foods that are healthy for most everyone, and how to avoid foods that cause sickness in the body.

In the second part, they describe six factors that people should consider when tailoring a diet to their unique biochemistry, and organize these into a hierarchy. These include:

- Food allergies/how foods make you feel
- Your current health condition and any illnesses that you may have
- Your pH
- Your metabolic type
- Your gastrointestinal health
- Foods that cause your red blood cells to clump

In addition, *Foods that Fit a Unique You* provides basic dietary guidelines for 17 different health conditions; from heart disease, to cancer, chronic fatigue syndrome, Lyme disease, PMS, fungal infections, and more.

The third part of the book describes healthy ways to prepare food and optimize digestion, and contains basic information on how to grow your own

food.

*Foods that Fit a Unique You* was written for holistically minded and health conscious people who want to know how to choose foods that will provide them with optimum wellness or help them to overcome their chronic health challenges. It was also written for those who want to know how to choose clean, organic foods in today's toxic world.

The book provides succinct but plentiful guidelines on how to tailor a diet to the body's unique needs, and is based on Dr. Cowden's more than 25 years of experience of treating patients with a variety of chronic degenerative diseases, and Connie Strasheim's research and firsthand experience with chronic illness.

### **Availability**

The book will retail for USD \$17.95 and is available at: [ACIMConnect.com](http://ACIMConnect.com) and [www.ConnieStrasheim.com](http://www.ConnieStrasheim.com).

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