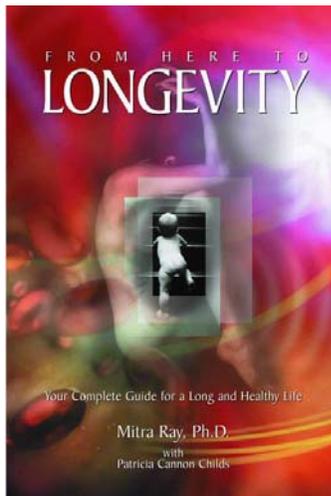


## **Mitra Ray, Ph.D. Press Kit and Biography For JuicePlus Events**

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Mitra Ray, Ph.D.  
[www.fromheretolongevity.com](http://www.fromheretolongevity.com)

## ***From Here to Longevity*** ***Your Complete Guide for a Long and Healthy Life***

**by Mitra Ray, Ph. D.**

*"The doctor of the future will give no medicine, but will interest patients in the care of the human frame, in diet, and in the cause and prevention of disease."*

Thomas Edison

According to the National Center for Health Statistics, nearly six out of every ten American adults and one out of every ten of their children are overweight or obese. And Harvard University's Center for Cancer Prevention reports that nearly 30% of all cancer deaths in the U.S. can be linked directly to diet and its effects on obesity.

Many of us tend to overcompensate for our health challenges by trying one fad diet after another and buying the latest pills or gadgets. Dr. Mitra Ray, a biochemist and former Stanford Medical School researcher, has discovered that such choices can actually deprive our bodies of important nutrients, and not surprisingly, can result in the acceleration of the very disease or sickness that we are trying to heal.

While doing research at Stanford, Dr. Ray began experiencing her own health crisis and looked to medical professionals for help. What she found changed her life.

Her newest book, ***From Here to Longevity*** (Shining Star Publishing, 2002, \$19.95), is informative, well-documented, and eye-opening. Easy to comprehend, it demystifies words like *phytochemicals*, *antioxidants* and *free radicals* and puts diet fads and vitamin supplements into proper perspective.

Dr. Ray believes that whole food nutrition, moderate physical activity and a positive mental attitude are the key components of optimal health. Her emphasis, therefore, is on the whole person -- the entire mind-body-spirit connection.

Her book is essential for women and men, adults and children, and individuals and families who are seeking simple, common sense approaches to today's complex health challenges.

## Mitra Ray, Ph.D.: Biography

Dr. Mitra Ray is a woman with a mission. She wants each and every one of us to live the longest, healthiest life possible. She believes that in order to do this, we have to be willing to take full responsibility for our health and to begin to apply some fundamental principles of biochemistry and physiology in our daily lives.



Dr. Ray giving a keynote presentation in Wiesbaden, Germany, February 2005

Dr. Ray was born in Kolkata (formerly Calcutta), India. She studied electrical engineering at Cornell University and received a bachelor's degree in 1986. She then entered the biochemistry program at Stanford Medical School and received a Ph.D. in 1991. While at Stanford, she was a principal author for the discovery of a new enzyme linked to a degenerative eye cancer that most often strikes children.

After graduating from Stanford with a Ph.D. in cell biology, she continued her research in the area of degenerative diseases, such as cancer and Alzheimer's, with research grants funded by the National Institutes of Health, the American Cancer Society and an Alzheimer's Research Grant. As she continued her research, she also contributed important articles to several leading scientific journals such as *Science*, *The Journal of Cell Biology* and *Proceedings of the National Academy of Sciences*.

But in 1994, Dr. Ray made a life-altering discovery that changed her personal life and work forever. After trying conventional methods of remedying excruciating back spasms—everything from complete rest to pharmaceutical intervention—Dr. Ray changed her diet, exercise program and mental attitude, and her back pain subsided. Preventative concepts, such as whole food nutrition, became her new direction in research.

Today Dr. Ray shares what she has learned about prevention with thousands around the world through her seminars on health and longevity, where she translates the fundamental laws and recent discoveries of science into practical solutions for daily life.

She has given health seminars to audiences in the United States, Canada, Europe and Australia and has sold over a million copies of her *Fountain of Health* audiotapes, CDs, and DVDs. Her first book, *From Here to Longevity*, was released in 2002 and has sold over 12,000 copies.

Dr. Ray and her husband, Doug Barlow, are the proud parents of two lovely, healthy girls.

## **Praise for *From Here to Longevity***

***"A wake up call to America about our health. Dr. Mitra Ray takes complex science and makes it understandable for everyone."***

Richard E. DuBois, M.D. F.A.C.P.  
Chief of Internal Medicine, Atlanta Medical Center

**"A refreshing combination of modern science and common sense. You'll be thankful you read this book. You'll want your family and friends to read it as well."**

Gillian Riley, Author of  
*Beating Overeating: The Lazy Person's Guide*

**"Read this book only if you want UNSTOPPABLE HEALTH."**

Cynthia Kersey  
Author of *Unstoppable*

**"Mitra Ray's book is unique and very useful."**

Deepak Chopra  
Author of *Grow Younger, Live Longer*

**"A must-read for expecting mothers and parents. This book will also help grandparents age healthfully."**

William Sears, M.D.  
Author of *The Family Nutrition Book*

**"A well-researched, science-based approach to health and longevity through nutrition."**

Loren Cordain, Ph.D.  
Author of *The Paleo Diet*