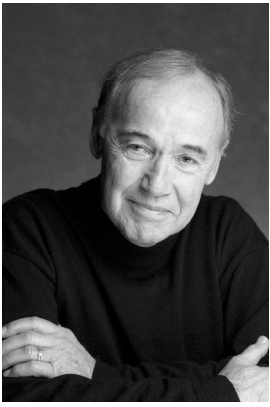


## Len Saputo, MD



Len Saputo, MD, a 1965 graduate of Duke University Medical School, is board certified in internal medicine and was in private practice in affiliation with John Muir Medical Center in the San Francisco Bay Area for more than 30 years. After his awakening to the deep flaws in conventional medicine which culminated in the early 1990s, Saputo began a quest to develop a new approach to healing now known as *integral-health medicine*—the emergent medical care model that is integrative, holistic, person-centered, and preventive.

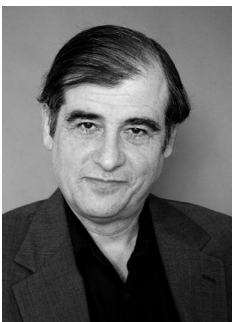
In order to further this mission, Dr. Saputo founded the Health Medicine Forum in 1994 and was its director until 2008. The Forum ([healthmedicineforum.org](http://healthmedicineforum.org)) is a nonprofit educational foundation that has sponsored hundreds of public and professional events in the San Francisco Bay Area—including monthly presentations, workshops, and conferences—focused on integrative medicine, the nature of healing, and the politics of health care. In 2001, Saputo cofounded what is now called the Health Medicine Center ([healthmedicinecenter.net](http://healthmedicinecenter.net)), in Walnut Creek, California—one of the first clinics to bring the new model of integral-health medicine into practice. In the course of disseminating his unique vision for the new medicine, Saputo has given more than 100 presentations to hospitals, medical schools, universities, and community organizations.

Dr. Saputo is the coauthor of *Boosting Immunity: Creating Wellness Naturally* (New World Library, 2002); has edited six books, including *Beating the Years* and *Boosting Your Digestive Health*; and has authored book chapters on numerous medical and health subjects. He has contributed dozens of articles on a wide range of topics in both mainstream and complementary and alternative medicine to such journals as *California Pharmacist*, *Alternative Medicine*, and *Townsend Letter*. He is also actively engaged in clinical research related to the use of near-infrared light therapy in pain management.

Active in public and professional education over the past decade, Saputo produces and hosts the *Prescriptions for Health* show on KEST-AM, aired in the San Francisco Bay Area every weekday morning, with his wife, Vicki, who is a registered nurse.

Dr. Saputo has been a strong advocate of fitness and athletics all of his life. In 1996 and again in 2001, he won the International Tennis Federation's Senior World Individual Championship in his age group and was ranked number one in the world in 1996 (in the 55-year-old division) by the ITF. With never-ending support from his wife, Saputo is committed to his life's purpose of changing the health care system in America from a disease care model to a genuine health care model based on the principles of the new medicine, as well as broad-ranging reform of the manner in which care is financed and delivered.

## Byron Belitsos



Byron Belitsos is a widely published journalist and has edited and published numerous books on health, consciousness, spirituality, and politics, including *Faith and the Placebo Effect* by Lolette Kuby, *Mind Science* by Charles Tart, *The Unfolding Self* by Ralph Metzner, and *Waking Up in Time* by Peter Russell. He most recently coauthored *One World Democracy* (Origin Press, 2005), and is author of the forthcoming work, *Radical Wisdom*. He was educated at the University of Chicago, the California Institute of Integral Studies, and the University of California, and was an inaugural member of the Integral Institute. He is also the publisher and founder of Origin Press.