



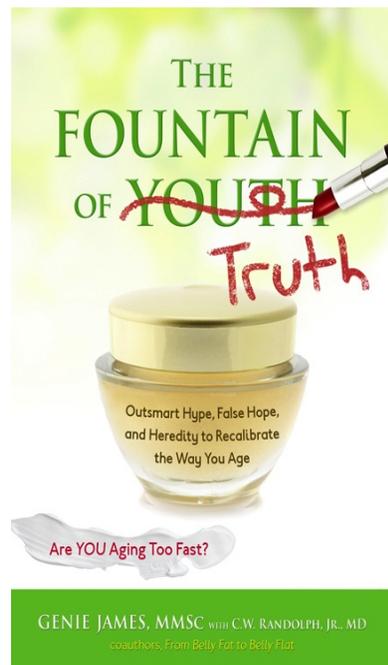
## **Fountain of Truth** ***Outsmart Hype, False Hope and Heredity to Recalibrate the Way You Age***

**Genie James, MMSc**  
with C.W. Randolph Jr., MD

More than 75 million women in the U.S. are over the age of 40. This ever-swelling populace of females spends a lot of money trying to find the “fountain of youth” in a bottle in order to ward off the Grim Reaper. **The anti-aging product industry is currently estimated at \$80 billion and is expected to grow to \$115 billion by 2015.**<sup>1</sup>

The frenzy of women trying to get back their waistlines is not unjustified. Statistics indicate that **women will gain an average of one to two pounds per year between the ages of 35 and 55.** Most of this unwanted fat glams onto the belly, butt, hips and thighs. Unfortunately, calorie counting alone – and even extra trips to the gym – is not sufficient to melt the pounds and inches away.

According to anti-aging medical expert Mark Houston, MD, **“Women will age the equivalent of 18.6 years between the ages of 40 to 50.”** Culprits accelerating aging: belly fat, hormones (or lack of), work- and home-balance stress, and a growing trend of “sandwich generation” women caring for aging parents while making a living and tending to their own cognate family.



What’s a gal to do? Just resign to getting older, fatter, increasingly sexless and senile? Absolutely not! ***Fountain of Truth*** author Genie James, MMSc, offers fresh hope and new solutions:

*“No matter your age, you can melt those pounds away simultaneously turning back your inner clock. My approach blends groundbreaking lifestyle medicine with no-nonsense truisms as old as dirt. First step, unplug for three minutes, three times a day and pray, meditate or visualize. Next, spend more time with healthy, fit girlfriends. Belly laugh with your girlfriends and you’ll get healthier and fitter faster. Kick off your stilettos and walk, jog or run to a grocery store with an organic food product aisle.”*

**-more-**

<sup>1</sup> According to Global Industry Analysts (<http://www.strategyr.com>)

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Finally, when lifestyle is not enough, Genie offers practical tips for vetting a trust-worthy medical professional to help safely restore healthy hormone levels and navigate cellular, biochemical changes caused by age and stress.

As a trailblazer in natural health, lifestyle medicine and relationship-centered care, Genie is the co-author of the best seller ***From Belly Fat to Belly Flat*** and ***From Hormone Hell to Hormone Well***, (winner of the 2010 National Consumer Health Information Bronze Award) with her husband C.W. Randolph Jr., M.D., R.Ph. Her fifth book ***In the Mood Again*** continues to offer hope and solutions for the over 40 million American women and men living in low-sex, no-sex relationships.

Genie also is a speaker, business owner and liftoff activist for women. In her 30-year career, she has spearheaded women's health initiatives for large healthcare systems, physician organizations and venture capitalists. She is currently CEO of Dr. Randolph's Ageless and Wellness Medical Center and owner of The Natural Medicine Pharmacy. She has a Masters of Medical Science from Emory University and PhD Studies from University of Tennessee.

Genie hosts a women's health-segment on NPR in Jacksonville, Fla. and is a resource for national media including *Prevention*, *Woman's World*, *Redbook*, *Women's Digest*, *GQ*, *AARP*, and NPR.

***THE FOUNTAIN OF TRUTH*** will be available in April 2013.

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