



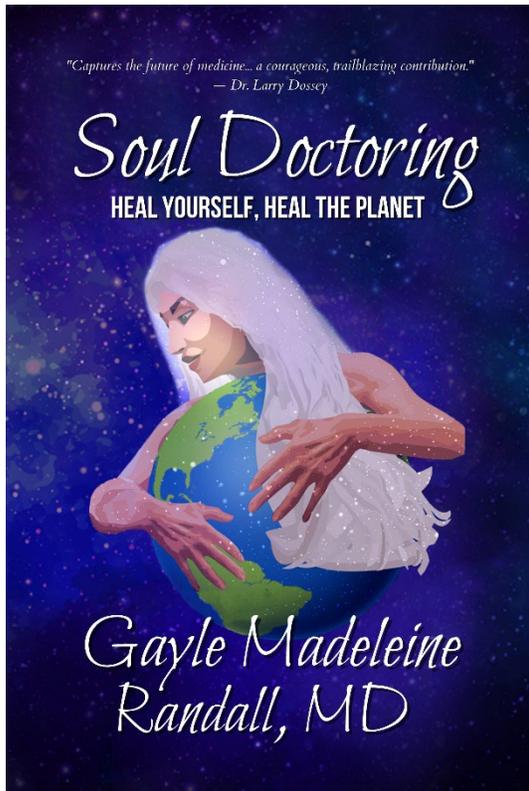
FOR IMMEDIATE RELEASE

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**GROUNDBREAKING BOOK *SOUL DOCTORING: HEAL YOURSELF, HEAL THE PLANET* NOW AVAILABLE;
AUTHOR DR. GAYLE MADELEINE RANDALL FOCUSES ON REGENERATING SELF AND WORLD**



MALIBU, CA (May 31) — One of the most significant and timely books for personal and planetary regeneration, *Soul Doctoring: Heal Yourself, Heal the Planet*, is celebrating its publication today.

Soul Doctoring (Transformation Media Books) is now available on Amazon and TransformationMediaBooks.com, as well as wherever books are sold. Readers can order online at <https://amzn.to/3HzQg8i> (Print) or <https://amzn.to/3K5SaPN> (Kindle). It is also available to booksellers and libraries via Ingram and OverDrive.

The book, by medical futurist and renowned integrative medicine pioneer Dr. Gayle Madeleine Randall, offers a blueprint and roadmap for our return to ideal personal health and regenerative healing, by restoring our own health, and turning our attention to helping our communities and planet fully regenerate in what Nestlé CEO Aude Gandon has called “Generation Regeneration.”

“Regeneration is a concept I learned early in life from my American Indian friends and colleagues, and I have practiced and issued the call to practice since,” Dr. Randall said. “They live their lives with the planet at the heart of every choice they make. They waste nothing, and have a sacred agreement between the

animals, plants and things to be the guardians of this world. Every time they take, they give back, making all of life regenerative.

“This is a concept each of us can adopt in our lives — beginning with restoring ourselves to ideal health. My book uses my own story and journey, and examples from people I have treated during my 40-plus years as a medical doctor and practitioner in more than two dozen other modalities, to help us all return to optimal health — and then to set about restoring the planet in this process of regeneration.”

(MORE)



SOUL DOCTORING PUBLISHED MAY 31, 2022

Dr. Randall brings all of her knowledge and wisdom to bear in *Soul Doctoring*, focusing on aspects of personal healing often taken for granted or not focused upon in modern medicine — whole-food, plant-based diet and nutrition; the healing powers of love, compassion, prayer and meditation; and our personal relationship with our work, the environment, and our sense of self-worth and purpose. Then she studies the “blue zones,” home to the healthiest and longest-living people in the world, to open the final part of the book on building a regenerative lifestyle and mindset, one that is drawing more and more people at a most crucial time for our climate and sustenance on the planet.

“I wrote *Soul Doctoring*, in part, as a tool that readers can use, every day, to keep Mother Earth in our hearts at the center of all of our life choices; food, transportation, housing, fuel, growing food and plants, spiritual practices, self-healing, diversity, community and humanity,” she said. “I am elated and thrilled to be a voice for what we need to do during this most crucial movement for the future of our planet.”

Dr. Randall is a practitioner of traditional and holistic medicine, and the owner of Randall Wellness Malibu in California. She has an extensive online media platform that includes her acclaimed *Soul Stories* podcast (available on all podcast platforms); Friday night live Instagram TV broadcasts; newly-launched YouTube channel; and high-traffic Instagram and Facebook platforms. Through her platform, and her website (www.drgmrandall.com), she continually posts updates and excerpts to *Soul Doctoring*. She is also a guest on numerous podcasts and guest writer for numerous publications, including *The Art of Being H(You)man* with Meg Heppner.

Soul Doctoring is available on Amazon at <https://amzn.to/3HzQg8i> (Print) or <https://amzn.to/3K5SaPN> (Kindle), or via your favorite bookstore.

For more information, contact Transformation Media Books at (314) 827-6567, Robert Yehling of Write Away Books at (917) 826-7880, or Dr. Randall at (818) 591-7600.