



## **Mark Moyad, M.D., M.P.H.**

### **Jenkins/Pokempner Director of Preventive & Alternative Medicine**

#### **Biography:**

“Dr. Moyad is arguably the world’s leading medical expert on dietary supplements, but he’s not quick to recommend them to everyone.” (from the Editors of Prevention Magazine). Dr. Moyad believes in the power of lifestyle changes to improve overall mental, physical and spiritual wellness, and in their potential ability to keep pill counts & dosages to a minimum, while also enhancing the impact of conventional treatments when needed. This has been the focus of his research and lectures his entire career. He occupies an endowed position, which was originally created and funded entirely by the patients he has helped over the past 25+ years. He is the Jenkins/Pokempner Director of Preventive/Complementary and Alternative Medicine (CAM) at the University of Michigan Medical Center in the Department of Urology. This was the first endowment of its kind created for a physician at a major medical center in the U.S. Dr. Moyad has always considered himself to be, first and foremost, a physician public health educator. Mark received his medical education from the University of South Florida College of Public Health and the Wayne State University School of Medicine. He is the primary author of over 150 published medical journal articles on the subject of lifestyle changes and supplements, the past editor-in-chief of the medical journal Seminars in Preventive & Alternative Medicine, and has given 1000s of lectures around the world to the public and health care professionals in virtually every medical specialty and major medical center. Mark is the author or co-author of 15 academic and consumer books including the Integrative Medicine Clinical/Teaching Guidebooks, the Promoting Wellness Series for Patients and his recent public bestseller “The Supplement Handbook”. He is honored to be the moderator of one of the largest patient conferences held twice a year in Los Angeles, CA and has provided monthly educational clinical research updates for the last 15+ years to health care professionals and national patient advocacy groups. He has been a consultant and/or interviewed for most major magazines, websites, radio and television shows devoted to health in the U.S. and appears regularly on a variety of network news/programs. Dr. Moyad also loves running, movies, sushi, his wife Mia and kids, any University of Michigan Athletic team when they are winning, and their dog “Chauncey”, but of course not in that specific order.

**\*NO ADDITIONAL  
HANDOUTS PROVIDED**