

Book Journeys Author Interview - Dec 5, 2013

Dr. Angela Lauria with Saralyn Mark, author of *Stellar Medicine: A Journey Through the Universe of Women's Health*.

"When you're writing a book, you're living that book, it's woven into your DNA and it never escapes you." ~Saralyn Mark, MD

Angela:

Well, hello, everybody, and welcome to Book Journeys Radio. This is Angela Lauria, I am the founder of the Author Incubator and creator of the Ten Steps to Writing a Book That Matters. Every week, on Book Journeys, we talk to an author about their experience writing their first book, and this week is no exception. We have Dr. Saralyn Mark here. Dr. Saralyn Mark is – the author (coughs) excuse me. She is the author of *Stellar Medicine: A Journey Through the Universe of Women's Health*, and ... leader in women's health, and really a – a pioneer in this field, an endocrinologist, a geriatrician, women's health specialist – and this book was definitely a book that was written to make a difference, so, Dr. Mark, thank you so much for being here!

Saralyn:

Well, it's a pleasure to be here, thank you for having me.

Angela:

So, tell us about *Stellar Medicine*, what's the book about and who's it for?

Saralyn:

Well, *Stellar Medicine* is a part memoir, part guide book on controversial health issues, and I weave in a lot of my adventures across the entire planet, including Antarctica and with the space program to illustrate my points. I think it was also important to explain to folks across the country – actually, across the globe – why some of our health decisions are made, explaining some of the political and social environments which shape decisions. The book initially was targeted for women, but as I've been doing book events across the globe, I have a lot of men attending, because a lot of the issues in the book relate to their health and they find it ... resonates with what their needs are, and I think it's also important for both men and women to understand each other's health issues and concerns so we can help each other to lead healthier lives. The book is a – is a tool to help people use what they need in their environment to live a life of wellness and balance.

Angela:

So, give us an example of what one of these – medical issues might be.

Saralyn:

Well, the book has many different chapters, and the first chapter I entitled "The Pandemic and Misinformation," and it was about public health issues. We're in – inundated every single day,

from the Internet, from TV, from all sorts of media, about health concerns, and we also don't know what's real and not real, and I give an example of the last – pandemic, swine flu, and there was a lot of misleading information, people were confused, they didn't know if they should have vaccines, they didn't know what they needed to do, some didn't even know whether they should eat certain food products, and so I help to explain how the government determines the information that gets out there, how we, as physicians, educate our patients. I even have chapters on ac – alternative medicine, we know we all use it, but sometimes the information's very confusing and I help explain how and why we make decisions regarding alternative medicine, I even go into menopause, I use that as an example. A lot of women are turning to, quote, more traditional therapies. One of my favorite chapters is on sex, chocolate, wine and shopping, especially they're coming into the holiday season, and how important it is to use life's pleasures to help our own lives, and it's all in moderation, and it's understanding what we do and being conscious of what we do and how we can weave that into our lives to be healthier. One of my most important chapters is on spirituality, faith and healing, and I find that resonates really across a lot of populations, from people from all different walks of life, and from ... from all different worlds, to understanding impact of spirituality and faith, and I'm not talking really about religion. I'm talking about more of a – a secular spiritual approach and how that is so important towards leading a healthy life.

Angela:

But your background is pretty traditional for some of these – alternative things you're talking about, so ho – was that something that changed in you or developed? How did you come to reach some of these conclusions?

Saralyn:

Thanks so much for that question, and because it's a part memoir, and it's my journey to the universe of women's health, I really go into that. I explain – the evolution of where I started, in Colorado, to how I got to where I wanted to be today. When I was a little girl, growing up in Colorado, I wanted to be a doctor and I wanted to practice on the moon. So, now, I'm a physician, and now, I get to work with NASA and I get to work with some really exciting projects, for example, to send a – a husband and wife team to Mars around 2018 or so, so I – I explain to my readership how we all evolve and how I evolve, especially in my views about health care. I was the first senior medical advisor to women's health at the Health and Human Services Office for Women's Health and we were charged with really determining what the health issues that we needed to address in this country and how to address them, as well as this study called CAMPP, Conventional Alternative Mental Public Practices study – i – in the government, we always use acronyms and – and this was certainly one of them – and it really helped me drill down into what we use for alternative therapies, we call them “traditional therapies.” We also look at what we call a complementary therapy, using conventional, or Western, medicine, with, perhaps, Eastern modalities, so – I – I have that background. It wasn't separate from my training, but I hope now to explain to people how and why they need to look very carefully at what they're doing and understand, just because something is, quote unquote, natural doesn't necessarily mean it's the best for you. The other part, from the

personal part, it was always part of my lifestyle. Growing up in my family, my father having a European background, this was something that we did talk about, and we sometimes experienced, so it's really a – a nice coming-together of using science and evidence to help us determine what we need to do, and looking at all modalities, and as I've traveled across the globe – I've been in – in the Andes and I've been in the Amazon and I've been in different parts of Asia, and that's to experience and – and witness what people are doing, and it helped me to understand it, and I can better communicate it to my patients, as well as incorporating my own life.

Angela:

And – yeah, you used the phrase, “evidence-based medicine,” which – isn't all medicine evidence-ba – it seems like, whatever kind of medicine would there be? ...

Saralyn:

Now that I think about it, anecdotal medicine, too.

Angela:

Wow.

Saralyn:

We – we, by our experiences, I think we evolved on it, where we say to somebody, “Well, my grandmother did this,” or “My girlfriend did this, so, therefore, it must be good.” I have a chapter on medical myths, and what I often talk about is, sometimes, with these myths, there's often a kernel of truth, and it's important to help understand where is that kernel of truth and what is not, what is a fallacy. So – medicine, it's a combination of both. I, as a doctor, love to have science, but I also know there are some things that I that I can't quite measure right now, so I have to go with my gut, my intuitive feeling. And I also try to educate my patients and my readers about that, too. You know when you're well. You know when you're not feeling well. You know when your loved one was not feeling great. You gotta tap into that –

Angela:

Mmm.

Saralyn:

– but with that, you also need to be able to communicate it with your health provider, your nurse, your doctor, and I give the tools for people to be able to do that.

Angela:

Wow. That is very exciting. So, I'm curious, how did you come up with the idea to write this book? Why – why a book, and why this book?

Saralyn:

Well, it's interesting, and I write a little bit about that in the book, because it – again, it was part of my journey. I was doing an afternoon TV talk show in Chicago about women's health issues, and the producer came up to me and said, "You know, you need to put that into a book." And at the time, I was working for the government, it was the furthest thing from my mind, but it planted a seed. So, what I started to do after that is, I realized I love stories. I got to meet people from all over the planet, have these wild travels. I started collecting them on these sticky notes and kept – scraps of paper in my purse, so I could remember some of my experiences. It was – my pseudo-diary.

Angela:

Mmm.

Saralyn:

And when I decided to leave the government and create my company, SolaMed Solutions in 2006, it allowed me the time, as well as the opportunity, to begin writing, and it was a very slow process, because I knew I had a lot in my head, I just didn't know what path it was gonna take, and in one of my first chapters in the book, I actually explained how there were different titles for my book and what I was gonna write about, 'cause the book, really, was a reflection of what I was feeling, so whether I was frustrated or angry about something, or excited about something, it would take that path, and, eventually, it came down to stellar medicine, and it's – a double entendre, I want everybody to have great medicine, and I also knew I was influenced by the space program and how that helps human health, so I wanted to weave space into every chapter, 'cause it's a phenomenal opportunity to teach lessons and see how our body adapts to our environments.

Angela:

So – by why write a book at all? W – was this something other people were telling you to do, did you do it for yourself, what was the goal?

Saralyn:

Well – well, after that TV show, I noticed people were starting to ask me, "Do you have a book?" And this was sort of pre-blog, pre-Internet age, and I began writing blogs in 2008, I initially began writing for – for medical reasons, and I found it was so exciting to be able to write something and just get the messages out there, I got addicted to it, in a way.

Angela:

Mmm.

Saralyn:

And as I found, as I looking at my blogs, I realized I had a story here, I had a journey here. So, I started to write an abstract of what I would want to put in the book, and again, it

changed. It changed through how I was feeling, what I was experiencing. And then, during the years of 2008 and '09, I had a lot of family tragedies and illnesses and loss, and I found writing was very cathartic. I would write it and release it to the world and people started sharing it with their friends and family. Again, the Internet, I think, really revolutionized how we could communicate, and more and more people are asking about writing a book, and I realized the time is now. I have to write it, I have to get it out, and the book was the way, it was – it was – my calling card. I think, in the past, it used to be, you would hand out a business card. Now we hand out our books.

Angela:
Mmm.

Saralyn:
And I found the book was just a wonder ... my messages out there, so now, wherever I speak, for example, I just got back from England and from Paris, and during my lectures the people wanna know about my book, so then they get the book and I get feedback afterwards and we maintain communication. I also launched a website called stellarmd.com, and it's another tool to help share my book and also get feedback from the public, and it's helping me think about ideas for my second book.

Angela:
Hah! So, w – w – when you decided to make it a book, you were already at a point in your career where you were doing television appearances, at least, what's the – what's the "before and after"? Give me life before having a book and life after.

Saralyn:
Mmm.

Angela:
What are some of the – some of the things having a book has brought into your life?

Saralyn:
Well, I think, first, i – and it's interesting, because the – the genesis, beginning of that book, to be something that I could actually hand out, was a long one, the labor of it was – I call it "the labor of love," but it took a lot longer than nine months – was trying to figure out the mechanics of it. I first had a literary agent, and then I decided that my agent wasn't really representing me the way I needed it to be, 'cause it ... book, and then I got, fortunately, connected to somebody who's a publisher who got the proposal, liked it, and, within weeks, signed me on. I would say that I'm identified as an author, which is very interesting, 'cause I think we're all authors who write e-mails, we share our stories, but we don't really see ourselves, positionally, as authors, and the book gave me that cachet. So, as you hand out your – your business card, you also hand out your card about your book. I find I get – in fact, just yesterday, I got an e-mail from someone in England, he's an entrepreneur, and he wrote

his ..., his – e-mails and ..., and “by the way, my wife is addicted to your book,” which I thought was really interesting, so what it’s done is allowed me to come into peoples’ homes, and that was how I wrote the book, and that’s actually been part of some of the reviews that a lot of it to be is as if we’re sitting around your coffee table or your kitchen table, and we’re just talking, informally –

Angela:

Mmm.

Saralyn:

– whether as girlfriend-girlfriend, or girlfriend-friend, or patient-doctor, but in the informal setting, taking you out of your examining room, to – that your answers – your questions are answered, and the answers make sense to you, so I allow people into my life – especially sharing very personal issues, since I find that – there’s more of an informality as well as confidentiality, I get a lot of stories from people that – probably one that opened up, once they had my book. It’s also opened doors for me, in some respects, a lot of speeches, more media – interviews – it really - ... from my credentials that I had.

Angela:

So, I think we lost you for a minute in there, but I think we got the gist of it, I think, maybe, you were gone. But – so, now, tell me – about your experience writing. You – said it was more than nine months to give birth to this baby, so talk to us about how you wrote it, and how long did it take, and what was the writing process like for you?

Saralyn:

‘Kay, well, it started, as I mentioned, on scraps of paper, putting together ideas, then creating an abstract of where I needed to go, developing a proposal – realizing that the proposal may need to be dynamic and fluid as you begin to write, your views and perspectives may change, and then I found a ...

Angela:

And was this all happening – was this all happening in your head – were you consulting with anyone in the book industry, were you reading any books on this, or this just you thinking it through?

Saralyn:

... say it was me thinking it through, and then I would hear from so ... published I would ask them questions about how they got a publisher, how they got a literary agent, what was the best approach, so it was – informal. I can’t say I went to a library or bookstore and bought a book about writing about books. It was really talking to people who’d done it and realizing their experiences might be different than mine. I – again, as I mentioned, found a literary agent who was wonderful, but I don’t think he was actually understood what I was trying to do, and it wasn’t gonna work. If somebody’s gonna represent you, if you decide to go down the path of

having an agent, they really have to understand who you are, why you're writing it, what you're writing, because they're your representatives, they're your advocates. I do think they're very important, perhaps for my second book, I may have a literary agent, because I think negotiating your contract with a publisher is often easier to do, having another party do that for you.

Angela:
Mm-hm.

Saralyn:
I did have a lawyer looking at my contract, which helped me for the legality part of it, but I think somebody who's an agent can really interface more directly with publishers, and as I've learned, some publishers won't even entertain your book unless it's being presented by a literary agent.

Angela:
Right.

Saralyn:
So, I think that is important as well, so – again, having that book proposal, having something, some foundation that you can stand on to either give it to a publisher or literary agent, once I found a publisher – and again, it was – word of mouth and the publisher read the proposal, seemed to like it, and then signed me on, it gave me a timeline, because I think all of us, as writers, unless you sometimes have pressure to get something done, you may not do it, because writing's very – very personal, very ..., it's very passionate, and you just – I know people have said, "You just need to sit down every day and write." I have found I have not been that kind of writer. I can do that for scientific papers –

Angela:
Mm-hm.

Saralyn:
– but when I really need to fall into myself, it's just got to come to me. So, for example, I just had a piece published in the *Washington Post* last Sunday, and I wrote it on the train from Paris to ... I was inspired to write, and I just had to write and I had to get it out. So, that's how I came to with my book, but now, I – now I had a deadline, so it was - ... I was, anywhere, it was always in the back of my mind, "I need to write," and often, what would happen is, I would come home and say I went to a movie. I remember the – the James Cameron movie, the last one he did, and I came back and was so inspired by it that I sat at my table – kitchen table – and I just wrote the entire chapter on spirituality, faith and healing –

Angela:
Wow.

Saralyn:

– from being inspired by that movie. The chapter on – the – my first chapter, I actually wrote as my last chapter, “The Pandemic and Misinformation,” after watching the Super Bowl and being so inspired by the Patriots ... and the audience and how we came together as a nation during certain crises and calamities and how we could celebrate as one, and that helped me to write that first chapter.

Angela:

Wow.

Saralyn:

So, I really try to tap into what my life is going through at the moment. I wrote a chapter on veterans’ health, which is another, very deeply personal chapter from me, from ... that family perspective, as well, some of my friends and colleagues, and after a certain times I would talk about events, whether I was invited to speak at that current event, or I attended lunch. It helped me to fill in that chapter, so it was really life-directing to me, and then I have to say that we were very fortunate to be in Washington, D.C. during a time when we had many blizzards, and we couldn’t get out of our homes ...

Angela:

Oh, I know those blizzards! The back-to-back twenty-year storms!

Saralyn:

Oh, phenomenal. We had more snow here than I did in my home town of Denver, Colorado –

Angela:

Wow!

Saralyn:

– and you could ..., and it trapped me – and I say “trapped” because I couldn’t go anywhere, but I had to write, and I would write, near the end, about eighteen hours a day, just writing and writing and writing, ‘til I was almost blurry-eyed on my laptop, and that’s how I got the book done. I also hired a researcher ‘cause I think that’s helpful, too, because you have to guide ... to get the information that you need, and that helped keep me on track, as well.

Angela:

And if you – and if you go back to that time, in your mind when you were writing, what were some of the big challenges you came up against? So, you talked about the times when it was easy, when you have those moments of inspiration. But what did you do when it was hard to write? What did you tell yourself, and how did you work through those times?

Saralyn:
Writer's block? ...

Angela:
Yeah, sure, we can call it that.

Saralyn:
Well, there were – there were two ways to get through it. One thing I did is, I knew I had a deadline, and I booked a trip to ... for the weekend after I finished my deadline, so that was gonna be my gift to myself, and I did that several months beforehand, so, very excited about that, again, I think we – we respond to pa – positive reinforcement –

Angela:
Mm-hm.

Saralyn:
– and ... - I – I – because it was a personal book, and I also needed to look at the political and social environment, I knew I was treading into some very – controversial areas, and areas that might offend some people, and I didn't want to do that, it wasn't my goal, but yet I also had to be true to what I believed in, so when I experienced those moments I would sometimes talk to people who may have different views from me to get their insights, so I could be clear on what my insights were, but also how to be respectful of their needs, too. So, i – in a way, when you're writing a book, you're living that book, it's woven into your DNA and it never escapes you. I – I can't say there were moments when I just felt calm and relaxed, it was always in the back of my mind. Now, during that time, I lost my mother after a very arduous battle with pancreatic cancer, and – and many medical mistakes, and I just couldn't sit still long enough to write, so for several, several weeks, I – I just put it away, I couldn't do it, I just couldn't even look at it, 'cause I knew I was gonna have to sit still and write and actually come to terms with everything that had happened, so I think the other part is just being good to yourself – realizing there will be moments you're gonna be able to write and moments you're not gonna be able to write, but to honor what you need to go through your journey.

Angela:
Wow, I just – I just love that, it's so simple, but if we choose to say, "You know, this is one of those moments I'm not gonna write, I'm just not here, I'm not there," it's such a different experience than the way it's – it's so easy for writers to beat themselves up and be – "I should be writing," "I should be getting page count in" – "This is what real writers do," "I should have gotten up an hour earlier," and I think, so quickly, we go into that place of self-punishment instead of just saying – "Hey, it's pretty simple. This isn't – this isn't the zone for me to write right now," and that's okay.

Saralyn:

Exactly. And – and again, it ac – I think it depends what you're writing, but if you're writing something that you're putting part of yourself on that page, you gotta come to it with a purity of mind – at least my view, at least I did.

Angela:

Yeah. Ab – absolutely.

Saralyn:

But while ... the truth, and anyone who reads it is probably gonna figure that out.

Angela:

Mm-hm. Absolutely. So, you finished the book, and now you've got a manuscript in your hands –

Saralyn:

Right.

Angela:

– how – what was the next step for you?

Saralyn:

Well, the next step – the publisher wanted it, and I got it to the publisher – and we had a tentative date for publication, and I – right before it was to be published – I think the night before, I remember, I was in Texas at a – a space meeting, and I was reading the book, I was so excited, in my hotel room, and I realized for me, at least, it wasn't edited the way I wanted it to be edited, I found there were a lot of ...

Angela:

Did the publisher edit it?

Saralyn:

The publisher had an editor – but I find, what you have to do is, you still have to be your own advocate –

Angela:

Mmm.

Saralyn:

– and you're gonna see things that other people aren't gonna see, and – we're all – perfectionists in our own way, and it's – for me, it was a reflection of what I had experienced right in my books, so it was important. So, I asked for the book not to be published until it was

re-edited again, and then it – I think probably got ... to – different level, because everybody's on a timeline, but to me, that was more important, to just have it write. And then, again, working with the – the publisher to see that it was With that said, there were things that I think needed to be corrected – it's probably part of our – someone once said, "A writer's job is never done," and perhaps some future versions it will be – and I ...

Angela:

I just wanna stop here and reflect for one second on this, because I think this is something that will surprise a lot of our listeners, and – I just wanna say – shock them. I've had so many authors tell me they submitted their book to their publisher, and when it came back it didn't feel like their book. They didn't like the cover, they didn't like the editing, something about it was almost taking away – taking away something from the experience, and I think that there are lots of reasons to go with a traditional publisher, lots of reasons to self-publish. I don't think there's one right way or wrong way at all. Everybody's book journey is different, everybody has different needs, but the thing that I would say is most useful about this conversation is lesson, is to expect that. If you're working with a publisher, expect that it may not come back how you want and figure out what your priorities are, and what your approach is gonna be, because it will affect the timeline if you say "no."

Saralyn:

Yup. ...

Angela:

You may not be able to say "no," which is the reason to know you contract really well. If you – if you can't say "no" what does that mean? Do you want to buy your rights back, but knowing this might happen, and – and knowing the upside of working with a publisher as well, 'cause there are both – and having a plan of attack, because I think for a lot of people the shock can be – can be almost paralyzed. I've had many people interviewed on the show that – wrote their book, it came back from their publisher, they hated it, and then they got out of the contract, one way or another, often at an expense, and then put their book on the shelf and just didn't get it out in the world for another ten years 'cause they couldn't bear the thought of thinking about their book.

Saralyn:

It's really interesting, ... put so much of yourself in it, and my publisher, fortunately, had said that he will re-edit. There's some things in there that I didn't even see in the galley ... that that's in the book, and maybe little things, like typos or word used differently – and – again, a book is such a personal reflection of yourself that you want it to really, really reflect it, but what I found I had to do is, you either can pull it back, which I did once, or you can let it be, and then hopefully people will get the gestalt of it, realizing that you don't have control, 'cause when you do have a publisher you almost don't own your book, you don't own your rights.

Angela:
Mm-hm. Right.

Saralyn:
It's ... somebody else – which I think surprises a lot of people.

Angela:
Mmm.

Saralyn:
They'll actually – about ordering books from me, and I would say, "I don't own my book, you have to go through my publisher." So that is very surprising, and I think it's surprising for an author as well. Now with that said, have entered the world of self-publishing, but I think in certain circles that's still a ... if you're in the academic or medical circle, the first question I always get from everyone is, "Who's your publisher?"

Angela:
Mmm.

Saralyn:
They wanna know your credentials. It comes with a sense of honor, actually, to be published by – a respected publisher. So, ...

Angela:
And today ... over again, would you do something differently? Is there advice you'd give people based on your experience?

Saralyn:
I think – well – I would say, again, w – w – we're trained as authors, so to speak, to write, that's what we do. That's why I think it would be u – useful, having a literary agent to be your representative. You can fight your battles so that you can maintain the integrity of your writing and not have to get completely embroiled in that. So I think it would probably be worthwhile and – and you ... – just – and the other part of it is – w – w – w – w – realizing that, when you sign with the publisher, you're releasing some of your control, as well –

Angela:
Mmm.

Saralyn:
– because it's – it's a business. They need to get the book out. For me, it took awhile, I had started a pre-book tour already, and people were expecting my book, and I didn't have it because I had pulled it back, so – yet I still continued to get messages out there, so when the

book was ready, they were ready to have it. And that's the other thing I learned, is, you have to be your own self-promoter.

Angela:
Mmm.

Saralyn:
I think a lot of ... you are incredibly well-known author – I think a lot of individuals have to really go out there and – and promote her own book, getting it out into the media, getting it out among colleagues, getting it out into their professional societies, getting it out into the communities they wanna share it to – you have to promote your own book. So, for example, nearby bookstores, go in and let them know about your book. Went on in airports, I'll drop off my business card for the book and say, "Hey, this could be really great for you to ha – to – have.

Angela:
What's the biggest surprise for you, of this whole experience of being an author? What surprised you the most?

Saralyn:
The biggest surprise? I would say, again, the publishing experience. It was all new for me, and realizing you really don't have that much control over your book once you've signed your contract.

Angela:
Mmm.

Saralyn:
Again, it might be different if you're doing it with a literary agent – and then, I think the other biggest surprise is, how important a book is to your professional development.

Angela:
Mmm.

Saralyn:
I think a book really is – again, as I mentioned earlier, it's your calling card. It's what you represent. It's how people know you. Now, when I'm being introduced, I'm also being introduced as "author of *Stellar Medicine*." And that surprised me, I thought they would be focused on my – my education and training, I practiced in a certain environment, or I advised governments, but it's really – it's often the book.

Angela:

Right. And so, ... I ask authors all the time – “How much more did you know about your topic after you wrote your book than before?” And usually, it’s – “That – that – that much more, I was already an expert on this topic,” and yet, the minute you have your book, that becomes the most important credential.

Saralyn:

Yeah.

Angela:

Well, you didn’t write it down, but before, when you knew it, it didn’t count. Now, you write it down, and you’re an author, ...

Saralyn:

... It’s a transformative moment. It’s a transformative moment. ...

Angela:

It really is. ... and here’s what I wanna do. I want you – I’m sure this has happened, we both live in Washington, D.C., so I – I know I’ve been at parties that you’ve probably been at, too, and people will ask me, “How did you write your book? I really wanna write a book.” So many people have this dream of writing a book, yet so few people push it across the finish line, so in our last – in our last minute here, I just want you to give our listeners advice, somebody who says to you, “I – I’ve always wanted to write a book,” and they haven’t done it. What would you tell them?

Saralyn:

I would tell them to – to start putting together ideas, it’s your legacy. After you leave this planet, this is what people come back to, and that’s how they review your life, so look at it as your – your legacy, your calling card, your birthright, that you’re giving a gift to the world, and by ... that, it puts a sense of joy into writing, it’s not onerous, and it allows you the freedom to express yourself and allow yourself to go in many different directions. You start putting together ideas, start putting together abstracts, and I also find that, if you start talking about it to other people, just what we’re doing today – for example, my second book, I want it to be called – *Space Ageing: A Manual for Stellar Health*, it puts it out to the Universe, and people then want to have it, and it helps to inspire you, me, to write books and to be able to share our views and thoughts with the world and to get their views and thoughts back, so we continue to grow and evolve as well.

Angela:

Yup. Beautiful, beautiful. Well, thank you so much. We didn’t get your website in, so Dr. Saralyn Mark, you can learn more about her at [solamedsolutions](http://solamedsolutions.com), that’s s-o-l-a-med, m-e-d, solutions.com –

Saralyn:

...

Angela:

– thank you so much for being my guest today. Oh, ...

Saralyn:

Yes, it's www.stellar.md.com, where you can find –

Angela:

Dr. Mark, thank you again for being our guest today. We will be back next week on Book Journeys Radio, where we're changing the world, one book at a time.