

Weil, Andrew

Founder & Director / Professor of Medicine and Public Health / Jones-Lovell Endowed Chair in Integrative Rheumatology

Andrew Weil was born in Philadelphia in 1942, received an A.B. degree in biology (botany) from Harvard in 1964 and an M.D. from Harvard Medical School in 1968. After completing a medical internship at Mt. Zion Hospital in San Francisco, he worked a year with the National Institute of Mental Health, and then wrote his first book, *The Natural Mind*. From 1971-75, as a Fellow of the Institute of Current World Affairs, Dr. Weil traveled widely in North and South America and Africa collecting information on drug use in other cultures, medicinal plants, and alternative methods of treating disease. From 1971-84 he was on the research staff of the Harvard Botanical Museum and conducted investigations of medicinal and psychoactive plants.

At present Dr. Weil is Director of the Arizona Center for Integrative Medicine at the University of Arizona, where he also holds the Lovell-Jones Endowed Chair in Integrative Rheumatology and is Clinical Professor of Medicine and Professor of Public Health. The Center is the leading effort in the world to develop a comprehensive curriculum in integrative medicine. Graduates serve as directors of integrative medicine programs around the United States, and through its [Fellowship](#), the Center has been training doctors and nurse practitioners for 20 years. The Center also trains other licensed practitioners through its 6-month [IHELP program](#) and offers [residency training](#) in family medicine, pediatrics and other specialities.

Dr. Weil is a featured speaker at the annual [Nutrition and Health Conference](#) sponsored by the Center.

Andrew Weil is the author of many scientific and popular articles and of 11 books: *The Natural Mind*; *The Marriage of the Sun and Moon*; *From Chocolate to Morphine* (with Winifred Rosen); *Health and Healing*; *Natural Health, Natural Medicine*; and the international bestsellers, *Spontaneous Healing* and *8 Weeks to Optimum Health*. His most recent books are *Eating Well for Optimum Health: The Essential Guide to Food, Diet, and Nutrition*; *The Healthy Kitchen: Recipes for a Better Body, Life, and Spirit* (with Rosie Daley); and *Healthy Aging: A Lifelong Guide to Your Well-Being*. *Why Our Health Matters: A Vision of Medicine That Can Transform Our Future* appeared in 2010. Oxford University Press is currently producing the Weil Integrative Medicine Library, a series of volumes for clinicians in various medical specialties; the first of these, *Integrative Oncology* (co-edited with Dr. Donald Abrams) appeared in 2009. Since then, *Integrative Psychiatry*, *Integrative Pediatrics*, and *Integrative Women's Health* have been published.

Dr. Weil maintains a popular website, Dr. Weil.com (<http://www.drweil.com>), writes a syndicated newspaper column, "Ask Dr. Weil," and appears in video programs featured on PBS. He also writes a monthly column for *Prevention* magazine. Dr. Weil serves as the Director of Integrative Health and Healing at Miraval Life in Balance Resort in Catalina, Arizona. A frequent lecturer and guest on talk shows, Dr. Weil is an internationally recognized expert on medicinal plants, alternative medicine, and the reform of medical education. He lives in Tucson, Arizona.