Press Release

NEWS From HUMANIX BOOKS

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THE "CHRISTIAN PHYSICIAN HAS A BLUEPRINT FOR A THRIVING NATION WITH BOLD CHANGES TO TURN HEALTHCARE AROUND!

MAHA

MAKE AMERICA HEALTHY AGAIN

CHAUNCEY CRANDALL, M.D.

Bestselling Author of

THE SIMPLE HEART CURE

A PRESCRIPTION FOR NATIONAL RENEWAL
SPIRIT — SOUL — BODY

"This book is my vision for a healthier America, based on proven strategies and a lifetime of learning. It's about creating a culture of health, one that values prevention, embraces holistic care, and prioritizes equity. Together, we can build a nation where

everyone has the opportunity to live a long, vibrant, and healthy life. I'm here to guide you on that journey, drawing on everything I've learned along the way. Let's get started." —DR. CHAUNCEY CRANDALL

A simple message EVERYONE needs to hear and heed, NOW!

MAKE AMERICA HEALTHY AGAIN

Dr Chauncey Crandall—world-renowned cardiologist and author of the bestselling, groundbreaking *The Simple Heart Cure*—presents a comprehensive blueprint for improving public health in America, by addressing not just individuals' behaviors, but systemic issues, policy changes, and societal shifts needed to create a healthier Nation, and WORLD!

The path to making America healthy again requires a holistic approach that integrates individual responsibility with comprehensive policy changes. By embracing the principles of preventive care, prioritizing mental well-being, and promoting equity in health access, we can lay the foundation for a thriving, resilient nation.

A healthier America is not only possible—it is essential for the well-being of future generations. By acting now, both at the personal and policy levels, we can create a society where every individual can live a long, healthy, and fulfilling life. Let this book be a call to action for everyone: to take steps today toward a healthier tomorrow and to work collectively toward building a nation that values health as its greatest wealth.

MAHA explores the many facets of America's health crisis, offering a comprehensive roadmap for how individuals, communities, and governments can work together to create a healthier nation. Here are the key takeaways and solutions from each chapter, emphasizing the dual responsibility of personal actions and systemic changes needed to address the current challenges:

Key Actions for Individuals:

- **Adopt a Healthy Diet (Food as Medicine):** Choose whole foods, reduce processed food intake, and focus on a plant-based, nutrient-rich diet. This approach can prevent and even reverse many chronic conditions.
- **Incorporate Regular Movement (Rethinking Exercise):** Make physical activity a daily habit, whether through walking, stretching, or functional exercises. Consistency, rather than intensity, is key to reaping the benefits of regular movement.
- **Prioritize Mental Health:** Practice mindfulness, meditation, and seek support when needed. Mental well-being is foundational to overall health, and addressing stress and anxiety can lead to better physical health outcomes.

- **Engage in Preventive Healthcare:** Regular check-ups and screenings are vital for early detection and prevention of disease. Take charge of your health by staying informed and proactive about your healthcare needs.
- **Build Strong Social Connections:** Strengthen ties with family, friends, and community groups. Social support plays a crucial role in mental and physical health, reducing the risk of isolation and promoting resilience.
- **Advocate for Personal Health Rights:** Stay informed about health policies and advocate for transparent, patient-centered healthcare. Use your voice to support better access to healthcare and policies that prioritize preventive care.

Key Actions for Government and Communities:

- **Reform Healthcare Policy for Prevention:** Shift focus from reactive treatment to preventive care. Policies should prioritize early interventions, lifestyle education, and access to primary care, reducing the burden of chronic diseases.
- **Promote Access to Healthy Food:** Implement policies that make nutritious foods more affordable and accessible, particularly in food deserts. Support local farming, improve food labeling, and incentivize healthier food options in schools and public institutions.
- **Invest in Urban Planning for Active Living:** Design walkable cities with accessible green spaces, bike lanes, and safe recreational areas. By creating environments that encourage physical activity, communities can foster healthier lifestyles.
- **Address Mental Health at the Policy Level:** Increase funding for mental health services and integrate mental health care into primary care settings. Public awareness campaigns can help reduce stigma and encourage people to seek the help they need.
- **Combat Health Misinformation:** Launch educational campaigns to provide accurate, evidence-based information on health topics, including the risks and benefits of vaccinations. Support health literacy programs to help the public make informed decisions.
- **Support Health Equity Initiatives:** Tackle systemic health disparities by improving access to quality healthcare, nutritious food, and safe environments, especially in underserved communities. Policies should address the social determinants of health to ensure fair opportunities for all.
- **Promote Sustainable Health Practices:** Implement environmental policies that reduce pollution and support sustainable farming. A focus on eco-health initiatives can improve public health and protect the planet for future generations.

Dr Crandall has been heralded for his values and message of hope to all his patients and believes in using every weapon in his medical arsenal — conventional medicine, emerging treatments, lifestyle changes, even alternative therapies — to help his patients recover.

Dr Crandall's *MAHA* is a vision for a healthier future for America and the world.

HEALTH IS OUR GREATEST WEALTH!

ABOUT THE AUTHOR

WEST PALM BEACH, FLORIDA

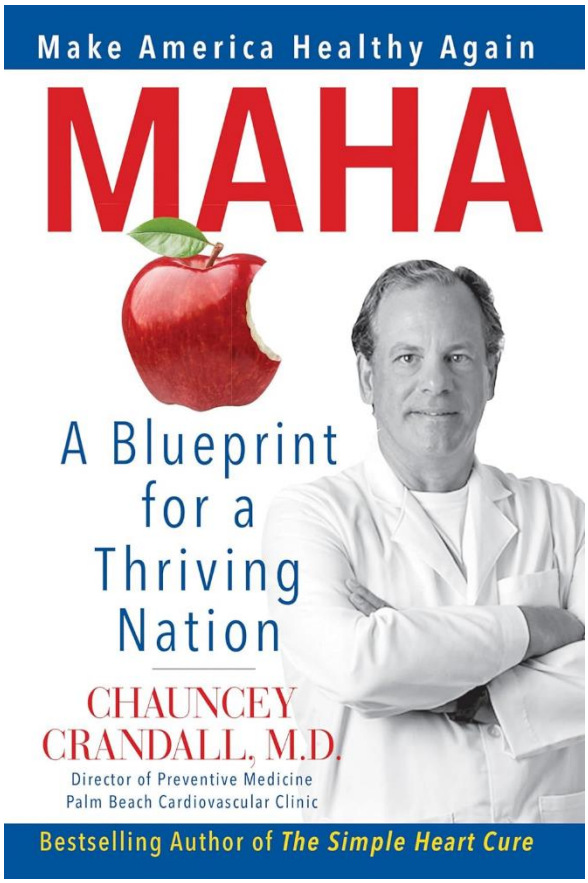
DR. CHAUNCEY CRANDAL is widely regarded as one of the nation's foremost cardiologists, known for his pioneering work in both interventional cardiology and concierge medicine. Over a career spanning decades, he has earned a reputation for excellence in patient care, advanced cardiovascular research, and a commitment to bringing high-quality medical care to people worldwide.

Beyond the operating room and clinic, Dr. Crandall is an influential voice in public health education. He is the bestselling author of over seven books including *The Simple Heart Cure*, a widely praised guide to preventing and reversing heart disease, and *Touching Heaven*, an inspiring memoir blending his medical career with personal experiences of faith and hope. He also edits the popular NEWSMAX newsletter, *Dr. Chauncey Crandall's Heart Health Report*.

Dr. Crandall has addressed professional audiences, faith-based gatherings, and community health events around the world. His talks emphasize prevention, lifestyle transformation, and the profound connection between physical and spiritual well-being. Dr. Crandall is known as the "Christian Physician," and has been heralded for his values and message of hope to his patients and read

The author lives & works in the MIAMI, FLORIDA metro area.

https://chaunceycrandall.com/



MAHA
MAKE AMERICA HEALTHY AGAIN

CHAUNCEY CRANDALL, M.D.

NOVEMBER 18, 2025 ON SALE

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HEALTHY & WELLNESS / PUBLIC POLICY / CHRISTIANITY

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INTRODUCTION

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A DOCTOR'S PRESCRIPTION FOR AMERICA

I've dedicated my entire career to understanding the complexities of health—from the deep-rooted cultural influences I studied as an anthropologist to the cutting-edge medical treatments I've delivered as a cardiologist and preventive medicine physician. The path I've traveled has been anything but conventional, but it's this breadth of experience that gives me a unique perspective on the current health crisis facing America. As I've seen firsthand, the state of our nation's health is at a critical tipping point, and it's time we take a bold, informed approach to turn things around.

Early in my career, my work as a medical anthropologist took me to remote parts of the world, where I studied traditional healing practices and the profound impact of culture on health. It was there, in villages far removed from modern medicine, that I began to see the powerful role lifestyle and environment play in shaping our wellbeing. This understanding became the bedrock of my approach to medicine: Health is not just the absence of disease—it's the result of our daily choices, our environment, and our cultural practices.

When I moved into the field of cardiology and preventive medicine, I brought this holistic perspective with me. I've spent decades on the frontlines, treating patients with severe heart disease, many of whom were given little hope. Yet, I've seen miraculous recoveries—patients reversing their conditions through targeted, lifestyle-based interventions. These experiences have solidified my belief that much of what ails us can be prevented, managed, or even reversed if we take a comprehensive approach that addresses the root causes, not just the symptoms.

But my work hasn't been confined within the walls of a hospital. As a medical missionary, I've traveled to some of the poorest, most underserved regions of the world. In these challenging environments, I've delivered life-saving care and witnessed the incredible resilience of people when given the right support and resources. These missions have taught me that the principles of preventive health and holistic care are universal—they work whether I'm treating a heart patient in Palm Beach or a child with an infection in rural Haiti.

In this book, I bring together everything I've learned from my diverse career. I tackle the most pressing health issues of our time, from poor diet and lack of exercise to the mental health crisis and the controversial topic of vaccine safety. I don't shy away from difficult conversations. Instead, I address them head-on, with a commitment to honesty, transparency, and patient advocacy. I lay out a clear, actionable plan for how each of us can take control of our own health, and how our communities and government can support a healthier society.

"Make America Healthy Again" is not just a call to action—it's a comprehensive guide rooted in decades of clinical practice, academic research, and real-world experience. I've seen what works and what doesn't. I've seen patients transform their lives and reclaim their health. And I've seen entire communities rise up to tackle health disparities and make lasting changes.

This book is my vision for a healthier America, based on proven strategies and a lifetime of learning. It's about creating a culture of health, one that values prevention, embraces holistic care, and prioritizes equity. Together, we can build a nation where everyone has the opportunity to live a long, vibrant, and healthy life. I'm here to guide you on that journey, drawing on everything I've learned along the way. Let's get started. Let's Make America Healthy Again!

CONCLUSION

MAHA

MAKE AMERICA HEALTHY AGAIN

A BLUEPRINT FOR A HEALTHIER AMERICA

DR. CRANDALL'S PRESCRIPTION

The journey through this book has explored the many facets of America's health crisis, offering a comprehensive roadmap for how individuals, communities, and governments can work together to create a healthier nation. Here are the key takeaways and solutions from each chapter, emphasizing the dual responsibility of personal actions and systemic changes needed to address the current challenges.

Key Actions for Individuals

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Vision for a Healthier Future

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TO LEARN MORE ABOUT DR. CRANDALL'S NEW BOOK

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