

## **Possible Media Questions/Topics for Dr. Debbie Palmer, Author of *Mindful Beauty***

1. What is Mindful Beauty, and why do you think it's more important than ever now with everything going on in the world?
2. What would you say are the five key steps to developing Mindful Beauty today?
3. There's been a great deal of stress lately with the recent pandemic. How can long-term anxiety and stress affect the health and appearance of the skin? And what mindful strategies—both at home and out of the home—can help get the body and skin back into balance?
4. What does the latest research tell us about how a Mediterranean style of eating can impact the health of mind and body? And specifically, what are the top five foods everyone should be eating for better health, and why?
5. Brightly colored fruits and vegetables are critical for health, as you discuss in the book. Why, and what are the top five fruits and vegetables in season right now that can benefit health? And is there a better way to eat them (i.e., combined with other foods, grilled/steamed, or eaten raw)?
6. Why is the gut becoming so much more important to health and beauty? And what can everyone do for better gut health?
7. You talk a lot in the book about slowing down aging—in both appearance and health. How does mindfulness in our lives put the brakes on the aging process? And is there any one particular thing people can do to incorporate mindfulness into their lives now?
8. So much of our lives has become digital, particularly lately. We're educated online, we socialize online, we shop online, we see doctors online, and we're exercising while online. There are obviously so many benefits of this convenience right now, but what are some downsides? And how can we manage these downsides while still staying connected?
9. So many Americans are suffering from disrupted sleep; they either can't get to sleep or they can't stay asleep. What do you believe is the cause, and what are some simple strategies people can do at home to sleep more soundly?
10. There's been an increasing awareness of the importance of mindfulness when it comes to movement: there's mindful walking, mindful kayaking, meditative hiking, and so much more. Why do you think there's been this rise in mindful exercise, and what benefits do you think it has?

11. What are the top five most important skin habits everyone should be following at home for more radiant skin?

12. Can you explain why exposure to the sun has the biggest impact on premature aging? With this in mind, what are the most common sun care mistakes people make, and what should they be doing instead?

13. What are the five things you do in your own life for better health? Please be as specific as possible (i.e., use fresh herbs, meditate every day during your lunch hour, etc.).

14. You're an osteopathic doctor. What's the difference between an osteopathic doctor and a medical doctor? Why did you choose this path and what difference does it make, do you think, in the lives of your patients?

15. As an osteopathic doctor, what are the three most important things you believe are important for health?

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