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**New Tome Empowers The Doctor Within**

*A new book, "The Optimal Life: Empowering Health, Healing & Longevity," by noted educator, wellness practitioner and author Dr. Stephen Bizal, DC, is now available.*

NEWPORT BEACH, CA, October 16, 2008 **/24-7PressRelease/** -- A new book, "The Optimal Life: Empowering Health, Healing & Longevity," by noted educator, wellness practitioner and author Dr. Stephen Bizal, DC, is now available. For the first time from one source, people can understand the basic principles of holistic human health, its context within the greater human condition and exercise simple, easy steps to achieve higher levels of individual health, wellness and human potential.

"It's all about quality of life issues. Not only do we inherently possess the power and means to achieve a disease-free state, we can actually improve our own state of being," says Bizal, "while we maximize our own potential as human beings." The healer further clarifies that true wellness is so much more than the absence of disease, but a more functional level of maximum performance and productivity.

The how-to guide takes the reader through 10 simple steps to higher function as well as the avoidance of disease. "When we understand our own morphology, our basic needs as biological entities, introduce common sense approaches to managing our lifestyles and practice a few key principles, it's amazing how well the human body responds," says Bizal. Amassed from years of experience as a doctor, advisor, counselor and teacher, Bizal lays out 10 basic but essential precepts people can employ immediately to improve their mental, emotional, physical, and spiritual health. In the end, readers feel directly in control of their health, empowering the doctor within.

"Human beings are complex creatures," says Bizal. "Too often in our modern world, we separate and focus on singular issues such as the science of healing and neglect, for example, to integrate how our emotional state contributes to positive changes in the physical state. Simply taking a break a few times a day for a breathing exercise not only replenishes the most essential nutrient to life, oxygen, but effortlessly allows us to relax. The net effect is an invigorated, revitalized organism and a clear-headed, more focused mindset."

The book has been embraced by the wellness community, earning endorsements and raves from many noted scholars, practitioners and patients from across the nation. For more information please visit [www.drbizal.com](http://www.drbizal.com).  
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