



DR. IRIS BELL

About the Author



Iris Bell, MD, PhD, is a psychiatrist, university professor, author, consultant, educator, speaker, and researcher in complementary and alternative medicine. She also studies psychophysiology and the role of personality in health. She was chosen as one of the Best Doctors in the Pacific region of the US in 1996 and in the US in 1998.

Dr. Bell has served on the faculties of Harvard Medical School, University of California San Francisco, and the University of Arizona. She graduated magna cum laude in biology from Harvard University and then received her PhD in Neuro- and Biobehavioral Sciences and MD from Stanford University. Her psychiatry internship and residency were at the University of California–San Francisco, and she is Board certified in Psychiatry with Added Qualification in Geriatric Psychiatry. She is licensed to practice conventional medicine in Arizona and California. She is also nationally certified in biofeedback, a fellow of the American College of Nutrition, and a

licensed physician in homeopathy/alternative medicine in Arizona.

During her career over the past 30 years, she has published scores of papers and book chapters on her clinical research in addition to a monograph on environmental illness. On a lighter note, she wrote the funny, touching, and inspirational book, *Chew on Things – It Helps You Think: Words of Wisdom from a Worried Canine*, and the companion workbook/journal, *Chew on Things Workbook for Fellow Worriers*, to celebrate her beloved wheaten terrier Casey's life. Throughout his life, Casey himself benefited from both Western and alternative medical help in surviving a series of health crises, from eating poison mushrooms in the backyard that sprang up overnight during his puppy time, to curing autoimmune hemolytic anemia in his old age.

Her passion is to teach people who find themselves with a chronic disease and are at the start of their own difficult journey home to themselves and to better health — a learning experience for us all. She teaches, writes, and lives in Tucson, Arizona with her three dogs – Rosie, Harry, and Charlie.

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