

Cynthia Shelby-Lane, M.D.

"Laughter is Good Medicine"

"Laughter is Good Medicine," says Cynthia Shelby-Lane, M.D., a doctor, speaker, comedienne and talk show host, who loves to laugh.

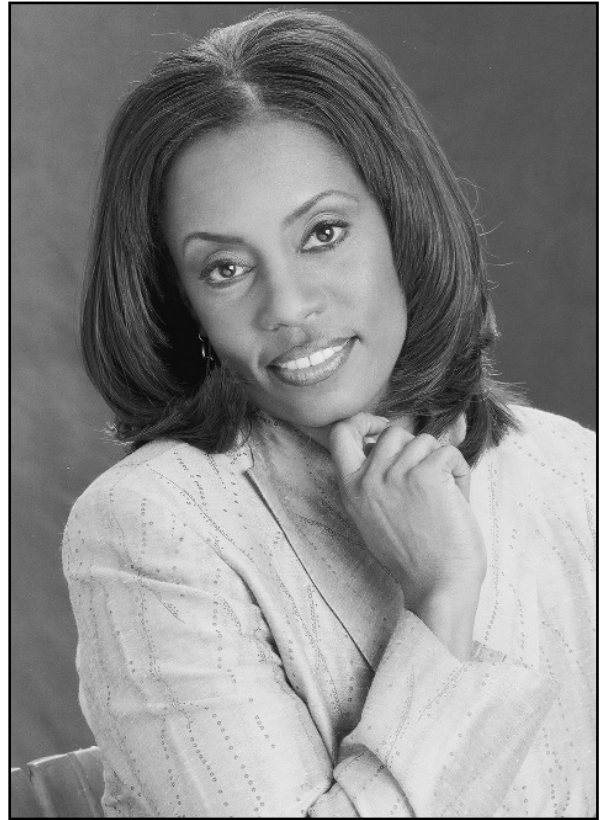
Do you know a doctor, who stops to save a life, then gets up on stage to make you laugh . . . at life . . . at yourself . . . and at herself?

Well, Shelby-Lane, M.D., is that kind of doctor. Known as "the ageless doctor," Shelby-Lane is a graduate of the University of Michigan Medical School. She trained as a surgeon at the University of Texas in Houston and committed herself to saving lives as an emergency physician in Detroit. She then re-invented herself and is now a board-certified, anti-aging specialist, keeping people young and healthy from the inside out.

Her practice, Elan Anti-Aging & Longevity Center, incorporates alternative and complementary therapies to promote optimal health and youthful aging. She also expanded her practice to the Internet as "THE Internet Doctor," answering questions for patients worldwide through a detailed Internet evaluation. The doctor is also a certified, professional health coach, helping people make difficult health and life choices and create changes for optimum health and wellness.

Seen on national radio and television, discussing issues such as anti-aging, heart disease, weight loss, stress reduction and cancer, Shelby-Lane speaks nationwide and is also a certified professional health coach. She tackles tough social issues through community work and took thousands of dollars worth of drugs and medical supplies to the victims of Katrina on a solo mission in 2005.

This graduate of Second City Comedy School in Chicago and student at UCLA Motion Picture



and Television Program produces TV shows and produces a "live" comedy show called, "Laugh Attack": Stopping the #1 Killer -- Heart Disease. Appearances on the Oprah Winfrey Show and featured articles in the *New York Times*, *Ebony* and *Jet* magazines and *Women's Health Style* magazine have given her expert status as the anti-aging and comedy doc.

She can cook, too. She's no Emeril or Rachel Ray, but Dr. Shelby-Lane is now the host of her new food show, "What's Cookin', Doc?"

Trading in her stethoscope for an apron, her food show features "food remedies and foods that heal." So, if "Laughter is Good Medicine," then "great food is the cure."

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