

Brilliance Magazine

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**VOICES OF
BRILLIANCE**
2023

A collection of diverse and inspiring voices from around the world. Explores the remarkable journeys of these brave individuals, and highlights their unique perspectives, passions, and talents

Working Parenting in the 21st Century
Balancing Career and Family

The Future of Education
Exploring Innovative Learning Trends

Harnessing Creativity
Ideas for Unlocking Your Inner Artist



**DR. DAVID
FRIEDMAN**

Connecting the dots between lifestyle, nutrition, and emotional well-being



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Dr. David Friedman's Instagram bio reads - Syndicated TV & Radio Host, #1 best-selling author of Food Sanity, Keynote Speaker, Full Time Optimist, and Part Time Comedian. His unique ability to use obstacles in life as stepping stones to success is what makes him a globally sought-after Holistic Physician and Influencer.

An expert in Functional Medicine, Dr. Friedman holds degrees in Clinical Nutrition, Naturopathy, and Chiropractic Neurology. As a board certified alternative medical practitioner and board certified in integrative medicine, he also has a postdoctoral certification from Harvard Medical School. His list of clients includes A-list celebrities like John Travolta, Jenny McCarthy, Jamie Lee Curtis, Anthony Hopkins, Val Kilmer, and Paul Newman, to mention a few. Many of them fly across the country to see him because they trust no one else.



Millions of people have benefited from his weekly, cutting-edge solutions to common health and wellness challenges as the Health Expert for the syndicated morning show on Lifetime Television and the Host of — To Your Good Health Radio.

“As a holistic doctor, I have personally witnessed the limitations and deficiencies within the conventional healthcare paradigm, which hinder individuals from attaining their true potential for optimal health. Unfortunately, many people endure a state of chronic illness and exhaustion, resigned to accepting it as an ordinary aspect of life. In contrast to the narrow focus of traditional medicine, I am committed to addressing the root cause that fuels the flames, rather than merely treating the smoke signals.”

Friedman’s holistic approach to healthcare is a stark contrast to the symptom-centric medical approach of traditional medical practitioners. He explains, “By integrating three pivotal elements—lifestyle, nutrition, and emotional well-being—remarkable transformations unfold, propelling individuals to unimaginable personal, social, and professional heights.”

When asked what inspires Dr. Friedman, he said:

- First and foremost, my patients inspire me. Witnessing their strength, resilience and determination in the face of pain, illness or adversity, fuels my passion to provide compassionate care and support their journey towards holistic well-being.
- I also find inspiration from the hundreds of authors, scientists, and doctors

I’ve interviewed over my decades on TV and Radio. Not necessarily because I agree with all of them but because very often I do not. It’s these differences of opinions and contradictions that fuel me to think outside the box and find answers which I proudly share on air, in my books, and in articles.

- I’m also inspired by acts of kindness and compassion in everyday life. Seeing individuals selflessly helping others, displaying empathy, and making a positive difference in someone’s life, ignites a sense of hope and reinforces my belief in the innate goodness within humanity.
- Lastly, those with resilience inspire me. Witnessing individuals overcome challenges, embrace personal transformation, and tap into their potential, serves as a reminder of the human spirit’s capacity for growth and adaptability. It motivates me to continue my own journey of self-improvement and support others in their pursuit of well-being and fulfillment.

However, there is one aspect that still presents a personal struggle for Dr. Friedman. If 999 out of 1,000 patients express profound improvements in their health under his care, it’s that one person who did not get better that he tends to dwell on with thoughts of ‘what could I have done differently for that individual?’

This is what makes him a tiger in the rat race. A multifaceted caring go-getter, Friedman also finds the time as a leading CEO and formulator of wholefood



nutritional products; a sought-after author coach; and a contributing writer for numerous prestigious magazines including Newsweek, Reader’s Digest, and Better Nutrition, to name a few.

Above all, he’s an award-winning, #1 bestselling international Author. His book — Food Sanity, How to Eat in a World of Fads and Fiction, is his multiple award-

winning, #1 global best-seller, that has created a paradigm shift in how people view food. His audiobook — America’s Unbalanced Diet, has sold more than a million copies and helped spread awareness of the unhealthy foods that people are consuming. His most recent book — Funny Bones, adopts the adage ‘laughter is the best medicine’ and provides hilarious factual stories from his thirty years of clinical experience.

Sharing his wisdom of over 3 decades, he relays a message for our readers: “It is imperative that we liberate ourselves from the constraints imposed by societal expectations and the limitations we place upon ourselves. Let’s think outside the box, explore uncharted waters, and scale our personal ability to move to the rhythm of our unique melody. Success is great but true brilliance transcends mere accomplishments and accolades; it is a state of mind, a way of life rooted in an unwavering commitment to excellence across all aspects. It is fueled by how we treat others, and the boundless unselfish compassion we graciously share. While words may fade and deeds will be forgotten, the profound impact we leave on others through the way we make them feel is eternal.”