

Judith E. Pentz MD, a seasoned psychiatrist and medical doctor, is dedicated to helping individuals achieve holistic healing across spiritual, emotional, mental, and physical dimensions. At the University of New Mexico, she has integrated mind-body medicine, nutrition and nutraceuticals with Western medicine in her practice with children, adolescents, and adults. Dr. Pentz shares her insights through lectures and her book, "Cleanse Your Body, Reveal Your Soul: Sustainable Well-Being Through the Ancient Power of Ayurveda Panchakarma Therapy" which is both a prescriptive memoir and a guide to holistic healing. Her transformative journey to India for panchakarma has deeply influenced her life and work.

As the program director in the Department of Psychiatry at UNM, Dr. Pentz mentors future psychiatrists in integrative healing, extending her influence through the University of Arizona's integrative medicine online module. With over thirty years of practice in Albuquerque, New Mexico, she is an associate professor and a respected advocate for integrative health, often speaking on topics like Ayurvedic healing and contributing to academic publications. In 2015, her book chapter, "Botanicals for Depression," was published in a textbook about integrative therapies for depression in *Integrative Therapies for Depression: Redefining Models for Assessment, Treatment, and Prevention* (CRC Press, Taylor and Francis, 2015).

Her most recent self-published book is a workbook, "6-Week Integrative Self-Care Journal for Women: Habit Building to Reclaim Clarity, Joy & Daily Presence." The focus is to support improving health and wellbeing with daily, mini detox rituals from Ayurveda and yoga.

Pentz has created a webinar to further support and expand on habit building, *Build a Better Morning*, with Ayurvedic/yogic tools. It is available on her website, drpentz.com