

FOR IMMEDIATE PRESS RELEASE:

Dr. Chauncey Crandall Releases Bold New Health Blueprint:

Make America Healthy Again (MAHA)

Palm Beach, FL – September 10, 2025 — Bestselling author, world-renowned cardiologist, and preventive medicine expert Dr. Chauncey Crandall has released his groundbreaking new book ***Make America Healthy Again: A Blueprint for a Thriving Nation***, published by Humanix Books. Known for his dual authority in clinical science and Christian compassion, Dr. Crandall delivers a timely, transformative call to action for individuals, families, and policymakers across America.

In this bold and deeply personal manifesto, Dr. Crandall draws from decades of experience in cardiology, global medical missions, and preventive care to confront the nation’s spiraling health crisis. From exploding obesity rates and chronic disease to mental health breakdowns and food deserts, MAHA identifies the root causes of America’s health decline—and offers a hopeful, actionable path forward.

“This is more than a book,” Dr. Crandall explains. “It’s a prescription for national renewal—Spirit, Soul and Body.”

With chapters covering food as medicine, exercise for every body, mental health, faith-based community solutions, and the role of technology and policy, Make America Healthy Again is both visionary and practical. It exposes corporate greed, challenges medical dogma, and champions a return to common-sense, holistic health strategies grounded in nutrition, movement, prevention, and personal responsibility.

Crandall’s MAHA Rx sections throughout the book provide clear, step-by-step prescriptions for individual and community health transformation—while real-life stories from his patients and global work drive home the urgency and impact of these changes.

This is Dr. Crandall’s most comprehensive and urgent work to date—one that redefines what it means to live well in America.

Book Details:

Make America Healthy Again by Chauncey Crandall, M.D.

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Available now wherever books are sold.

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Book Cover:

Make America Healthy Again

MAHA



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Bestselling Author of *The Simple Heart Cure*