

Drs. Mark and Michele Sherwood Release New Book 'Authentic Longevity,' Challenging Conventional Thinking on Aging

'Authentic Longevity' explores the connection between body, mind and spirit offering a practical framework for living longer, stronger and with greater purpose

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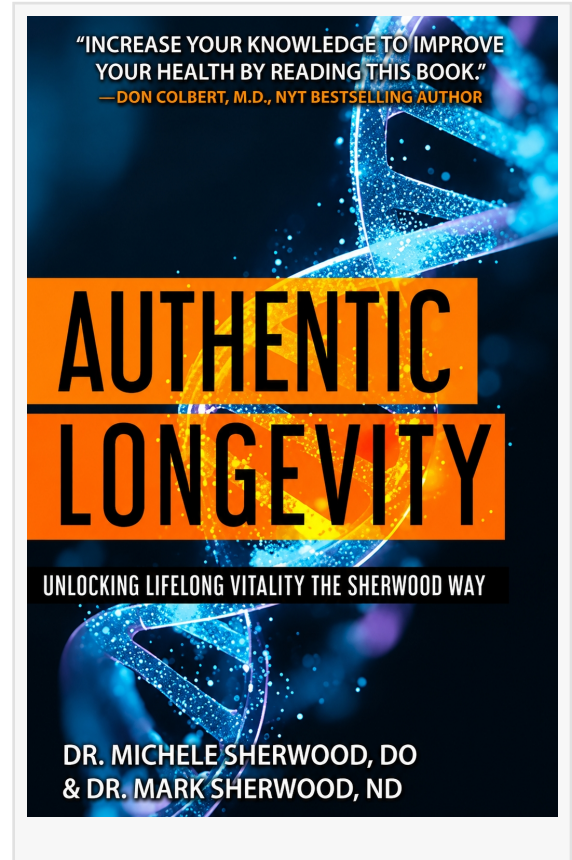
/EINPresswire.com/ -- Dr. Mark Sherwood, ND, and Dr. Michele Sherwood, DO, co-founders of the [Functional Medical Institute](#), have announced the release of their latest new book, "[Authentic Longevity: Unlocking Lifelong Vitality, The Sherwood Way](#)", a comprehensive guide to health and longevity that challenges readers to look beyond simply treating symptoms and consider the interconnected factors that determine how well, and how long, they live.

Drawing on decades of clinical experience and their work with tens of thousands of patients, the Sherwood's combine actionable science, real patient stories and their own experiences with adversity to present a whole-person approach to longevity encompassing physical, mental, emotional and spiritual health.

"Longevity isn't simply about adding more years to your life," the Sherwood's said. "It's about preserving the energy, strength, clarity and purpose that allow you to actually live those years."

At the heart of "Authentic Longevity" is the belief that the body cannot be effectively understood as a collection of isolated parts. Rather than focusing exclusively on individual symptoms, cholesterol levels, hormones or other markers, the Sherwood's examine how nutrition, movement, sleep, stress, hydration, metabolism, genetics and other biological factors work together to influence long-term health.

The book is divided into two primary parts. "What We Can Control" addresses the everyday decisions within an individual's reach, including nutrition, movement, sleep, stress and



hydration. The Sherwood's explain how these foundational habits can influence energy, metabolic health, physical performance, recovery and healthy aging, while emphasizing sustainable practices rather than extreme diets, short-term trends or so-called longevity hacks.

"Where We Need Help" explores areas where professional guidance and personalized healthcare may become important, including genetics, peptides, supplements, hormones and laboratory testing. The section introduces readers to areas of longevity science they may have heard about but may not fully understand, while emphasizing that no single treatment, supplement or emerging therapy provides a universal solution.



Dr. Michelle & Dr. Mark Sherwood

"Health isn't something you find," Dr. Mark Sherwood said. "It's something you build every day."

The book also addresses an element the Sherwood's belief is frequently absent from the modern longevity conversation: spiritual and emotional health. They explore how purpose, belief, relationships and emotional wellbeing can influence physical health and argue that a longer lifespan has limited value if those additional years are not accompanied by vitality, independence and a sense of purpose.

The philosophy is rooted in experiences that extend beyond the Sherwood's' work at the Functional Medical Institute. Their personal stories include significant setbacks and periods of reinvention that ultimately influenced how they view resilience and health.

Dr. Michele Sherwood's journey included pursuing elite-level Taekwondo competition, suffering a serious knee injury and experiencing a period of financial hardship that included living in her car for three months. Dr. Mark Sherwood's path included a career in law enforcement and service on a SWAT team before moving into health, wellness and clinical practice. Their experiences helped shape a shared philosophy that resilience involves more than physical health alone.

Through the Functional Medical Institute in Tulsa, Oklahoma, the Sherwood's have spent decades working with patients seeking to better understand the underlying factors affecting their health. Their approach considers interconnected areas including nutrition, metabolism, hormones, inflammation, sleep, stress and lifestyle, with an emphasis on prevention and helping

patients become active participants in their long-term wellbeing.

"Authentic Longevity" arrives as interest in longevity, biological aging and personalized health continues to expand. Rather than promising a shortcut to a longer life, the Sherwood's encourage readers to focus first on the fundamentals within their control while becoming better informed about the more advanced tools that may be appropriate with individualized professional guidance.

The book has received endorsements from figures across health, entertainment and faith, including actor and fitness icon Lou Ferrigno, New York Times bestselling authors Lisa Bevere and Dr. Don Colbert, and actor and filmmaker Kevin Sorbo.

For the Sherwood's, however, authentic longevity is ultimately about more than extending lifespan. It is about maintaining the physical capacity, mental clarity, emotional resilience and sense of purpose necessary to remain fully engaged with life as the years advance.

"Authentic Longevity: Unlocking Lifelong Vitality, The Sherwood Way" is written by Dr. Mark Sherwood, ND, and Dr. Michele Sherwood, DO. Find your copy [HERE](#)

About Drs. Mark and Michele Sherwood

Dr. Mark Sherwood, ND, is a traditional naturopathic doctor and clinician, and Dr. Michele Sherwood, DO, is a physician, educator, author and speaker. Together, they are co-founders of the Functional Medical Institute in Tulsa, Oklahoma. Their work focuses on personalized health, prevention, performance, healthy aging and whole-body wellness. Through their clinical work, books, podcasts, speaking engagements and educational outreach, the Sherwood's encourage individuals to take an informed and proactive role in their long-term health.

Liz Rodriguez

EMR Media

+1 310-435-3634

[email us here](#)

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