



Dr. Ann Hester Launches Lifestyle Medicine Book and AI Health Coaching Apps for Consumers

Can daily choices help fight chronic disease? Dr. Ann Hester unveils a new book and AI-powered health coaching apps that put Lifestyle Medicine into action.

CLARKSVILLE, MD, UNITED STATES, August 27, 2026 /EINPresswire.com/ -- Coach Dr. Ann Hester introduces consumer resources designed to increase awareness of an evidence-based medical field focused on chronic disease.

Millions of Americans live with high blood pressure, high cholesterol, diabetes, obesity, heart disease, and other chronic conditions. Yet many remain unfamiliar with Lifestyle Medicine, a medical field that uses evidence-based lifestyle interventions to help prevent, treat, and, in appropriate cases, reverse chronic disease.

Although still relatively unknown among the general public, Lifestyle Medicine is gaining recognition within mainstream medicine. American Medical Association policy supports physician education about evidence-based Lifestyle Medicine interventions.

Double board-certified physician Coach Dr. Ann, who is among fewer than 1% of U.S. physicians board-certified in Lifestyle Medicine, has launched two consumer resources to help bring the science of the field to a broader audience.

Her new book, *Lifestyle Medicine: A Scientifically Proven Path to Prevent, Treat, or Reverse Chronic Disease*, is now available on [Amazon](#). Hester has also created a suite of AI-powered Lifestyle Medicine health coaching apps that provide interactive education on a range of health topics.

"People are constantly told to eat better, exercise, sleep more, and reduce stress," Hester said. "But Lifestyle Medicine goes much deeper. When people understand what everyday choices are actually doing inside the body, health can begin to look very different."

Hester's book examines connections between everyday behaviors and blood pressure, cholesterol, blood sugar, weight, heart and brain health, sleep, stress, energy, and healthy aging.

Rather than using a traditional medical-textbook format, the book combines science with patient stories, humor, relatable analogies, myth-busting, self-assessments, surprising health facts, and practical strategies.

"My goal is for readers to have those moments when they stop and think, 'Why didn't anyone explain this to me before?'" Hester said. "Then I want to give them practical ways to use that knowledge."

The book also explores health processes that can begin years before a chronic disease diagnosis. One example is insulin resistance, which can develop before blood glucose reaches the diabetes range and is associated with several chronic health conditions, such as cardiovascular disease, high blood pressure, and dementia.

Coach Dr. Ann's AI-powered Lifestyle Medicine health coaching apps complement the book by allowing consumers to explore specific health topics interactively, 24/7.

Available at studio.com/coach-dr-ann, the apps address subjects including blood pressure, blood sugar, weight management, gut health, stress, and hormone health.

"The book provides the comprehensive journey," Hester said. "The apps allow people to explore particular health concerns interactively. Together, they offer two different ways to engage with evidence-based health information."

The apps are educational resources and are not intended to diagnose disease or replace individualized medical care.

Dr. Ann Hester has approximately 30 years of clinical experience and is board-certified in Internal Medicine and Lifestyle Medicine. She is a syndicated health columnist, health coach, author, speaker, and health educator.

She has appeared on CNN and has been quoted or featured in national media including TIME, Newsweek, and AARP.

"Healthcare shouldn't simply happen to people," Hester said. "People deserve to understand their bodies, ask better questions, and become active participants in their health alongside their healthcare professionals."

Lifestyle Medicine: A Scientifically Proven Path to Prevent, Treat, or Reverse Chronic Disease is available on Amazon in paperback and Kindle editions.

Coach Dr. Ann is available for remote media interviews and in-person appearances throughout the Washington, D.C., Maryland, and Virginia region, with occasional East Coast availability.

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