

EARL CAMPAZZI JR, M.D.

AUHTOR • CONCIERGE PHYSICIAN AT CAMPAZZI CONCIERGE MEDICINE



Author of *The Right Supplements: A Doctor's Method on Knowing What your Body Needs*

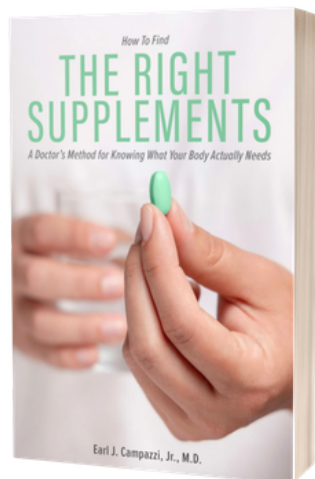
ABOUT THE AUTHOR

Healthcare system insider Dr. Earl Campazzi is a wellness visionary dedicated to helping patients take charge of their own health. The four-time board certified physician with over 35 years of clinical experience offers a science-based, education driven approach he works to bridge the gap between complex medical information and the everyday choices that shape long-term health.

Campazzi's work is rooted in what he has witnessed throughout his career: patients often find themselves overwhelmed by conflicting information, rushed through appointments, or unsure how to navigate decisions about their own health. From teaching residents at the Mayo Clinic to founding his own practice in Palm Beach—the first of its kind—he has focused on creating a model of care built around understanding the individual. Long before personalized medicine became a buzzword, Dr. Earl Campazzi was building his practice around the idea that healthcare should account for the unique factors that make each patient different.

A physician, educator, and author, Dr. Campazzi has spent decades translating complex medical concepts into practical guidance. His approach challenges the idea that patients should simply follow recommendations without understanding the reasoning behind them, emphasizing the importance of considering individual factors such as genetics, deficiencies, allergies, lifestyle, and personal goals.

Through his clinical work and writing, he continues to explore one of the defining issues in modern healthcare: how can people make better decisions about their bodies in a world filled with more health information—and more confusion—than ever before.



ABOUT THE BOOK

THE RIGHT SUPPLEMENTS: A DOCTOR'S METHOD ON KNOWING WHAT YOUR BODY NEEDS

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Walk into any supplement aisle and the choices feel endless: vitamins for energy, capsules for longevity, powders for performance, products promising to support nearly every aspect of your health. But behind the well-advertised brands and their bold claims is the question many people forget to ask themselves before purchasing: does your body actually need to be taking this supplement?

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SMITH
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In *The Right Supplements*, Dr. Earl Campazzi challenges the way we think about supplementation. This is not a book about building the biggest supplement routine or following the latest wellness trends. It is about learning how to make smarter decisions in a world where health advice is everywhere, and harder than ever to decipher through. Knowing what deserves your attention can be difficult to decide, which is where Campazzi's advice comes in handy.

Drawing on an extensive career in clinical science, Dr. Campazzi provides a practical framework for evaluating any supplement: understanding why you are considering it, what evidence supports it, how it fits your individual health needs, and when it may no longer serve a purpose.

Whether you are someone who has never touched a supplement before, someone with a cabinet full of bottles, or someone searching for answers left unanswered by their primary care physician, curious to see if this is the fix, *The Right Supplements* will make more clear the way forward.

INTERVIEW TOPICS

- Why consumers often buy supplements based on promises and trends rather than understanding what their bodies actually need
- How the modern supplement aisle reflects consumer confusion, with endless options, formulations, and marketing messages competing for attention
- The psychology behind wellness marketing and how brands appeal to fear, insecurity, and the desire to achieve healthiness
- What consumers should consider before adding a new supplement to their daily routine
- What to look for labels that tells you if supplements are medically tested and backed by health organizations
- Choosing supplements based off your level of activity, gender, and previous health issues
- How consumerism and strategic marketing has made supplements more expensive
- How patients can become better advocates for their own health by asking more informed questions
- How technology and AI tools can help people better understand their body's makeup and nutritional needs while still recognizing the importance of medical expertise
- The future of healthcare as patients become more involved in researching, understanding, and managing their own wellness

SAMPLE QUESTIONS

- What tools and medical tests can a person use to detect what supplements they should be adding to their daily routines?
- What lifestyle, biological and health risk factors should a person consider when choosing supplements?
- What information should people look for on the supplement bottles to see if they are backed by research and FDA approval?
- What are the dangers of using a supplement without looking into what your body needs, and instead taking supplements based on what's trending?
- What are the pros and cons of social media marketing in the supplement industry?
- How has consumerism and high prices made vitamins and supplements less accessible to people who truly need them?
- How can AI be a supporting tool in tracking your body's nutrients and supplement levels?
- Why should someone always consult a medical professional before adding a supplement into their routine?

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