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Dr. Paster is a public radio show host, broadcast journalist, author, university professor and practicing family physician. He has been answering callers' medical questions on health, fitness, and nutrition on national public radio nationwide two decades. In addition he is a medical consultant and commentator for CBS news in Madison, Wisconsin. His two hour PBS Pledge special *How to Live a Long Sweet Life* was a national success.

He has authored two books *The Longevity Code - Your Personal Prescription for a Longer, Sweeter Life*, published by an imprint of Random House and *Heart Healthy (Low-fat, Guilt-free & Tasty) Recipes from the Kitchen of Zorba Paster* and edits *Top Health*, a newsletter read by two million people monthly.

Dr. Paster writes a weekly medical column for newspapers across the country including the Wisconsin State Journal, Buffalo News, Jacksonville News and Spokane Spokesman.

Additionally Dr. Paster is Adjunct Professor in the Department of Family Medicine at the University of Wisconsin School of Medicine and Public Health.

He lectures extensively nationally and internationally on health, wellness and fitness and medically related topics on aging, pain and depression.

Dr. Paster received his medical degree from the University of Illinois Medical School in Chicago completing his family medicine training at the Dalhousie University. He is a fellow of the American Academy of Family Practice and a father of four.