

Wednesday, March 8, 2023

Alexia Parks, founder and CEO of the social enterprise 23ZIP and ZipHomeChef.com , she has been called “One of 50 people who matter most on the NET” by Newsweek magazine for her launch of Votelink.com, one of the first electronic democracy systems on the Internet, A UN Mentor to the Goldman Sachs/ Fortune #1 Award Winner "Most Powerful Women in the World" (2014), Alexia is a best selling author and keynote speaker [Wikipedia](#).

Over the past 12 years, Joel Rauchwerger PhD has worked with his partner Alexia Parks to produce a series of videos, podcasts and books on how to stay super fit for life. Alexia Parks created the 23INGREDIENTS anti-inflammatory, universal meal planner based on 50-years worth of research. Dr. Joel's focus is on evolutionary medicine and an understanding of how to avoid more than 100 diseases linked to a mismatch between our ancient and modern day lifestyle.

###

[Dr. Joel Rauchwerger Ph.D.](#) has been called \*a walking treasure. He is a world expert in stress management, preventative medicine, health and fitness, and mental wellbeing. Dr Joel served on the faculty at Baylor College in Houston, Texas, taught future medical doctors and nurses, and also was on the medical team in the 1970's that delivered \*the boy in the bubble\* the baby born without an Immune System.

Dr Rauchwerger also worked in the surgery department of world famous heart transplant specialist, Dr. Michael DeBakey at Baylor and in the mid-1970s. In 1976, he launched the first Stress Management Center which included a School of Nutrition in Houston, Texas.

###