

Creating A RENAISSANCE of RELATIONSHIP-CENTERED CARE™



FOR IMMEDIATE RELEASE

Renowned Integrative Health Expert Georgianna Donadio, M.Sc., Ph.D., To Present at Wabanaki Cultural Wellness Conference in Bangor, Maine

*School Founder to Address the Historically High Use of Grain in Native American Diets
& Problems Experienced from High Grain Use*

June 28, 2005, Wellesley, MA – The National Institute of Health (NIWH) and the New England School of Whole Health Education (NESWHE), the pioneer of Whole Health Education, and a provider of whole-person care educational programs for healthcare workers, medical institutions and consumers, today announced that founder Georgianna Donadio, MSc., Ph.D. will be presenting insight into the Native American diet and new dietary requirements to address some of the chronic conditions prevalent in the Native American population. This lecture will occur as part of the Anikwom WholeLife Center's Wabanaki Culture Wellness Conference in Bangor, Maine.

"It has been well documented that the high use of grain in the diets of Native Americans and the Latino population has negatively affected the health of these groups of people," said Donadio. "In this lecture we will discuss how this use has led to a rise in diabetes, obesity and even alcoholism. We will present the dietary changes Native Americans can make to ensure the health and well-being of their people for years to come."

Donadio, a clinical nutritionist, integrative health expert and educator, is founder and director of the National Institute of Whole Health and the New England School of Whole Health Education. In addition, she is the host of a nationally syndicated, weekly cable TV program *Woman to Woman*®, as well as the acclaimed internet Nurse Talk Radio program, *Celebrating Whole Health!*™. Georgianna is the author of a soon-to-be published book, *The Whole Health Revolution*. She has completed extensive research on the impact of diet and nutrition on the health of indigenous people.

Anikwom is a new nonprofit, spiritual and educational wellness center located in Passadumkeag, Maine based on Native culture. Anikwom means "The House of the Spirit." Founded by First Nations people, Anikwom is rooted in a collective, life-long commitment to develop and teach traditional life-way skills, cultural knowledge and spirituality in a manner that feeds and helps heal the spirit, nurtures self-appreciation and promotes overall wellness among Native American people, but most especially Native American youth.

Founded in 1977, The New England School of Whole Health Education is the pioneer of the current Renaissance of Relationship-Centered Care and of Whole Health Education, a model of evidence-based patient health education, delivered in a relationship-centered, supportive learning environment. This approach integrates the most current medical research with the wisdom of spiritual teachings and a natural outlook on healing, centered on integrity and compassion. It combines one-to-one peer counseling with respectful listening, unconditional presence, the big picture of health and current evidence-based medical and integrative health information. The National Institute was formed in 2004 to serve the distance learning interests and health promotion agenda of NESWHE.



*Evidence-Based
Relationship-Centered Curriculum*

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To register or for more information about the Wabanaki Culture Wellness Conference, visit www.anikwom.org.

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About The New England School of Whole Health Education

Founded in 1977 and headquartered in Wellesley, MA, The New England School of Whole Health Education produces evidence-based, relationship-centered curriculums, which integrate current scientific and medical research, with the wisdom of various spiritual teachings and a natural outlook on healing, all centered on integrity and compassion. NESWHE's offerings include a Norman Cousins Award nominated Best Practice model – the Whole Health Education® certification program, a Whole Health Educator™ program for Nurses, endorsed by the American Holistic Nurses Association as well as associated programs for social workers, CAM practitioners, coaches and individuals which can be completed in-person or as self-study. Considered by leading medical experts to be the pioneers of Whole Health Education®, the school has instructed thousands of students with varying occupations from all over the U.S. For more information, visit www.wholehealtheducation.org or www.niwh.org or call (888) 354-4325.

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