

FOR IMMEDIATE RELEASE

National Institute of Whole Health Secures Renowned Cardiologist as Medical Director

Dr. Alan Gass to Head Organization

August 15 2009, Wellesley, MA – The National Institute of Whole Health (www.niwh.org), pioneers of Whole Health Education® and Whole Person Health Care, today announced they have hired Dr. Alan Gass as Medical Director for the organization.

Dr. Gass was chosen for the role because of his unique integration of alternative treatments into the practice of cardiac medicine. He cares for patients at the Westchester Medical Center in New York where he is the Director of Advanced Cardiac Failure and Transplantation. He treats patients with end-stage heart failure, which he has done for most of his career. Previously, Dr. Gass served for 14 years as Medical Director of New York Mount Sinai's Heart Transplant Program from its inception in 1991. He has personally followed hundreds of patients in various stages of heart failure, achieving survival rates among the top in the country.

Dr. Gass has appeared in Life Magazine, The New York Times, and on CNN, NBC, CNBC, and local New York news affiliates as a medical expert. He also was featured in a one-hour documentary special of Dateline NBC called "A Change of Heart", which chronicled the emotionally moving story of several patients waiting for an acceptable donor heart. He is on the advisory board of HealthCorps, a new program whose mission is to combat childhood obesity through the empowerment of high school students to mentor children and raise awareness of the benefits of diet and exercise.

Dr. Gass sees fitness and nutrition as a way of life. After playing ice hockey in college, he continued a routine of daily exercise, which has included running, rollerblading, skiing, weight training, spinning and road biking. Throughout his career, he has been inspired by patients who have experienced dramatic recoveries through lifestyle changes. Achieving wellness is a team effort between patients and health professionals, incorporating diet, exercise, relaxation techniques, self-awareness and motivation into the healing process. He believes that ultimately the way to prevent disease and minimize the need for medical or surgical intervention is through exploring the connection between mind, body and spirit.

"There is a tremendous synergy between Dr. Gass' work and ours," said Dr. Georgianna Donadio, Academic Program Director for the National Institute of Whole Health. "We are excited to have him on board and look forward to working together to promote a sustainable model of healthcare."

Since 1977, NIWH has provided evidence-based, integrative whole health education, delivered in a relationship-centered, whole person health focused curriculums for health care and medical professionals who desire to provide better patient care. This approach integrates the most current medical research with a natural outlook on healing and the wisdom of various spiritual teachings, all of which are grounded in integrity and compassion.

NIWH is an Accredited Provider of Continuing Professional Education through the

Commission on Dietetic Registration of the American Dietetics Association; an approved provider of Education and Training through the U.S. Veterans Administration, approved by the Department of Higher Education; endorsed by the American Holistic Nurses Association; and approved to provide Continuing Professional education by several other national credentialing association includes, nurses, social workers, health educators, acupuncturists, yoga teachers and licensed nutrition professionals.

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About the National Institute of Whole Health

Founded in 1977 and headquartered in Wellesley, MA, the National Institute of Whole Health (NIWH) offers the most respected and credentialed integrative whole health certification programs in the US. NIWH'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, a Nutrition Educator certification program and a Whole Health Coaching certification program which can be completed in-person or via DVD distance learning. Recognized nationally as the pioneers of Whole Health Education®, the school has instructed thousands of students from varying health occupations from all over the U.S., and now offers DVD distance learning with students located on five continents. For more information, visit www.niwh.org or call (888) 354-HEAL (4325).

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