

FOR IMMEDIATE RELEASE

Start the New Year Off with the Gift of Good Health

National Institute of Whole Health Announces Free Spring Whole Health Guest Lecturer Series

December 29, 2006, Wellesley, MA – The National Institute of Whole Health (www.niwh.org), pioneers of Whole Health Education® and Whole Person Care, today announced the availability of its Spring Whole Health curriculum Guest Lecturer Series. Free to the public, this series will be conducted March 24 – June 2, 2007 and will feature well-known experts and leaders in the health and nutrition, such as Mark Hyman, M.D., former medical director of Canyon Ranch in Lenox, MA and Bernie Siegel, M.D., the author of *Love, Medicine & Miracles; Peace, Love & Healing* (1986, Harper & Row).

- March 24 - **Mona Lisa Schultz, M.D., Ph.D.**, neuroscientist and medical intuitive, is the author of *The New Feminine Brain & Awakening Intuition*. Using her extensive background in health and brain research, she will teach how specific emotional situations in one's life are associated with the increased risk of illness in a specific organ and how one can acknowledge, trust and develop their intuition.
- April 14 - **Mark Hyman, M.D.** was Co-Medical Director at Canyon Ranch Lenox, an internationally acclaimed health resort where he combined the best of conventional and alternative medicine with a blend of science, intuition, integrity and compassion. He is the co-author of the recent New York Times bestselling book *Ultraprevention, the Six Week Plan that Will Make You Healthy for Life*.
- April 21 - **Bernie Siegel, M.D.** is one of the world's foremost physicians, authors, motivational speakers and advocates. He is the pioneer of Exceptional Cancer Patients, a specific form of individual and group therapy utilizing patients' drawings, dreams, images and feelings and the author of the best-selling book *Love, Medicine & Miracles*.
- May 5 – **C. Norman Healy M.D., Ph.d.** is a renowned neurosurgeon that is well-known for his spiritual healing and energy work. He is also the founding president of the American Holistic Medical Association, the author of 22 books, 300 published articles and has received nine patents for innovative discoveries.
- May 19 – **Anne Louise Gittleman, Ph.D, CNS**, the first lady of nutrition, is a well-respected health pioneer and visionary who is on the cutting edge of developing new methods to rejuvenate the body and facilitate weight loss. She revolutionized weight loss in her 2001 blockbuster *The Fat Flush Plan* and most recently, the *Fast Track One-Day Detox Diet*.
- June 2 - **Walter Willett, M.D., DrPH**, is the nationally renowned Professor of Epidemiology and Nutrition at the Harvard School of Public Health. He is also the author of *Nutritional Epidemiology* and *Eat, Drink and Be Healthy*.

NIWH has, for the past 30 years, provided evidence-based, integrative whole health education, delivered in a relationship-centered, whole person focused curriculums for health 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 and, 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 thru 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 associations includes, nurses, social workers, health educators, acupuncturists, and licensed nutrition professionals.

Lectures are conducted from 2 – 5 p.m. at the Newton Wellesley Hospital in Newton, MA, located at 2014 Washington Street. All lectures will take place on the 2nd floor of the Shipley Auditorium. Attendance is free, however, reservations are required and donations are requested to benefit the Newton Wellesley Hospital Charitable Fund. In addition, NIWH is offering a Memorial Scholarship in the name of Dr. Sheldon Wolff, M.D. This scholarship is open to all licensed or certified health care professionals interested in Whole Health Patient Education or Whole Foods Nutrition Education studies.

For more information, visit www.niwh.org.

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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 established 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 with varying 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).

Press Contact: Carol Arnold, Arnold Communications, (877) 718-4604 x2, carol@arnoldcomm.com.