

National Institute of Whole Health to host international speaker, author Dr. Eva Selhub

By Staff reports

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Wellesley —

Acclaimed author to teach 'Techniques to Regain Your Sanity and Reclaim Your Health' at workshop series starting Oct. 23 at Newton-Wellesley Hospital.

The National Institute of Whole Health (www.niwh.org), The pioneer of Whole Health Education and Whole Person Care recently announced they will be hosting a workshop series conducted by Eva Selhub, M.D., the NIWH newest faculty presenter and author of "The Love Response: Strengthen Your Natural Ability to Heal" (Ballantine Books, 2009). Starting on Oct. 23, at Newton-Wellesley Hospital, Selhub will be conducting a public workshop series, *Techniques to Regain Your Sanity & Reclaim Your Health*.

For health and medical professionals, as well as consumers, *Techniques to Regain Your Sanity & Reclaim Your Health* will instruct individuals in how to address and treat stress, stress physiology and the related physical, mental and emotional problems that people and patients experience daily. The workshop series provides a practical program that provides a framework, tools and techniques to rid the body of the ravaging effects of life's everyday stressors, overcome hurtful past events and shape an empowered personal future.

Techniques to Regain Your Sanity & Reclaim Your Health will address how to change one's physiology quickly and lastingly through the deliberate evocation of a series of biochemical reactions in the body that lower blood pressure, pulse, respiration, and adrenaline levels; counteract the unhealthy effects of fear and stress; and allow us to experience the myriad health benefits of nature's own antidote--love and affection. Participants will also learn how to become aware of thoughts, physical and emotional attitudes, actions and behaviors without judgment, in order to move beyond conditioned responses to find calm and peace.

A mixture of lecture and experiential exercises will enrich the learning, and practitioners will be able to use these techniques with their patients immediately in their practice. Continuing education contact hours are available for nurses and allied health professionals.

A staff member of Harvard Medical School, Selhub served from 1999 until the end of 2007 as Medical Director of Mind/Body Medical Institute, founded by the pioneer of mind/body research, Herbert Benson, M.D., now part of Massachusetts General Hospital. Newly named The Benson-Henry Institute for Mind/Body Medicine at Massachusetts General Hospital (BHI), Selhub now serves as a clinical associate for BHI/MGH. She has lectured throughout the United States and in Europe and trained healthcare professionals from all over the world. As an expert in the stress physiology and the mind/body approach to patient care, she has been involved in the training of healthcare professionals from all over the world. Selhub's lectures are based on the mind/body connection, the physiology of stress and coping, their relationship to illness and on enhancing the love that heals.

The workshops will be conducted on Oct. 23, March 19, 2011, April 2, 2011 and April 23, 2011 from 9 a.m. noon at Newton-Wellesley Hospital in Newton, located at 2014 Washington St. All lectures will take place on the second floor of the Shipley Auditorium. Admission is \$29 per person per workshop or \$99 per person for all, and reservations are required. For more information, visit www.niwh.org or to register call 1-888-354-HEAL (4325).

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