A simple approach to healing from within

Get Well and Stay Well Using Your Hidden Power to Heal

Speaker: Wayne Jonas, MD
Author of How Healing Works
Executive Director
Samueli Integrative Health Programs
H&S Ventures

The Beckman Center
100 Academy Way, Irvine, CA 92617
Reception at 6:00 pm | Lecture at 6:45 pm
followed by book signing.

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We now know that most of health – possibly up to 80% – comes from factors outside of what happens in the doctor’s office. In fact, healing comes mostly from inside ourselves, from our own inherent capacity to heal. But how do we awaken that capacity? The primary determinants of health involve factors in four dimensions – mind/spirit, social/emotional, behavior/lifestyle, and the physical environment. However, these are factors that too few clinicians learn to deliver. How can we integrate these dimensions into our health system to move beyond medical treatment to health creation?

In this talk, Dr. Jonas will describe a simple, systematic approach that helps patients tap into their inherent healing capacity. Through personal stories from my 40 years as a family physician and drawing on the most rigorous scientific evidence available, he will demonstrate that shifting the patient/doctor encounter to focus on the whole patient and their environment can quickly move us toward integrative health that enhances healing and reduces chronic disease. Dr. Jonas will also incorporate case studies from some of the most pioneering health systems in America—including the U.S. military—that integrate health coaching, movement and nutrition, as well as practices such as energy medicine, acupuncture, massage therapy and yoga into what they provide.
WAYNE JONAS, MD

is Executive Director of Samuei Integrative Health Programs at H&S Ventures where he oversees efforts to expand awareness of and access to evidence-based integrative health practices. The work is funded by Henry and Susan Samueli, who previously supported Dr. Jonas’ work at Samueli Institute. Dr. Jonas is a widely-published scientific investigator, a practicing family physician, Professor of Family Medicine at Georgetown University, and Professor of Family Medicine at the Uniformed Services University of the Health Sciences. Additionally, Dr. Jonas is a retired Lieutenant Colonel in the Medical Corps of the United States Army.

Dr. Jonas was CEO of Samueli Institute from 2001 to 2016. Prior to that he served as Director of the Office of Alternative Medicine at the National Institutes of Health from 1995-1998, and prior to that served as the Director of the Medical Research Fellowship at the Walter Reed Army Institute of Research. He is a Fellow of the American Academy of Family Physicians. His research has appeared in peer-reviewed journals such as the Journal of the American Medical Association, Nature Medicine, the Journal of Family Practice, the Annals of Internal Medicine, and The Lancet.

Dr. Jonas received the 2015 Pioneer Award from the integrative Healthcare Symposium, the 2007 America’s Top Family Doctors Award, the 2003 Pioneer Award from the American Holistic Medical Association, the 2002 Physician Recognition Award of the American Medical Association, and the 2002 Meritorious Activity Prize from the International Society of Life Information Science in Chiba, Japan.