



For Immediate Release

PBS SPECIAL TO SHARE SECRETS OF SUPER-HEALING

Medical pioneer shares latest research on how to achieve optimal health and well-being

CHICAGO, November 30, 2015 – In *SuperHealing Secrets with Dr. Elaine Ferguson*, Dr. Ferguson will highlight the link between overall health and maintaining a healthy cellular environment. Dr. Ferguson, a pioneer in the fields of holistic and integrative medicine, will share what she has learned from three decades of practicing medicine and exploring the latest scientific research across a wide range of disciplines. Her goal: to empower others with the ability to take charge of their health and well-being. The television special is part of programming premiering on PBS stations November 29, 2015, and airing throughout December.

Most people believe that their physicians and high-tech medicine hold the keys to health and well-being, Dr. Ferguson says. While current methods of treatment – such as drugs and surgery – do help to manage chronic diseases affecting millions of Americans, they do not promote health. Additionally, the risks associated with some current approaches to treatment often are overlooked.

“We may spend more per capita on health care than any other nation in the world, but our health status is lower than that of many other countries,” Dr. Ferguson says.

Based on recent discoveries in the fields of psychoneuroimmunology, health and wellness, epigenetics, positive psychology, and neuroscience, *SuperHealing Secrets* will highlight discoveries that remain overlooked – discoveries that shake conventional medical wisdom to its core and replace it with the insight on how our bodies truly function, create and sustain health, and reverse disease. Genetics is one vaunted pillar of health shaken by recent research.

“Our assumptions about the impact our family’s biological history has on our health may be baseless. We are, in fact, in control of our genes, not the other way around,” Dr. Ferguson explains in *SuperHealing Secrets*.

In addition to revealing the background and research behind *SuperHealing Secrets*, the PBS special will provide information on what can be done to create optimal health and well-being. Dr. Ferguson will share five secrets to improving overall health — all of which are simple and take just a few minutes a day to complete. You’ll learn:

- why your DNA and family history do not determine your health or control your destiny.
- why your emotions are more important than your diet and exercise regimen.
- how to restore diseased and damaged cells.

- how to control, reverse, and slow the aging process.
- the most essential nutrient to your health and well-being.

At the heart of *SuperHealing Secrets* is Dr. Ferguson's teaching on the pivotal role our often-overlooked emotions play in health.

"The key is to create a healthier, internal environment that will allow our 50 trillion cells to function optimally and produce radiant health and well-being," Dr. Ferguson says. "However, *SuperHealing Secrets* isn't a message about self-help or wishful thinking; it is one of self-empowerment, fueled by decades of scientific research that reveals how our cells function most effectively to create the good health we desire and deserve."



About Dr. Elaine Ferguson

Dr. Ferguson is a graduate of Brown University and Duke University School of Medicine. She completed her post-graduate training at the University of Chicago. She has practiced medicine for three decades in the Chicago area. She is an author, most recently of the bestseller *SuperHealing: Engaging Your Mind, Body, and Spirit to Create Optimal Health and Well-Being*. Dr. Ferguson has lectured extensively at conferences, universities, and medical schools. In 2009, she founded One Health, LLC to reach a wider audience. Currently, she is the Senior Area Medical Director of the USPS' Great Lakes Area.

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For images and up-to-date information on SuperHealing Secrets, visit Dr. Elaine Ferguson's Twitter page @doctorelaine, or go to her website at drelaine.com/coming-soon-superhealing-secrets-with-dr-elaine-ferguson-on-public-television.

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