

# Elaine R. Ferguson, MD Bio

Elaine R. Ferguson, MD, is a practicing physician, pioneer in the field of holistic medicine bestselling author, wellness expert, and health coach. She is an Ivy League educated physician, a graduate of Brown University and Duke University School of Medicine, and completed her residency training at the University of Chicago. Dr. Ferguson is the host of the upcoming PBS pledge program special: ***Superhealing Secrets*** that premiered nationally in late November, 2015.

She has practiced holistic medicine for over two decades, and her consulting/health coaching practice, One Health, LLC is dedicated to empowering people through educating them about the latest medical research breakthroughs that support a comprehensive holistic approach to care, and has created numerous health coaching programs to help her clients improve and enhance their health and well-being.

Dr. Ferguson is the author of several books, most recently, the international bestseller, ***Superhealing: Engaging Your Mind, Body, and Spirit to Create Optimal Health and Well-Being***. She passionately advocates a common sense, evidence based approach to health enhancement and disease treatment that encompasses the mind, body, and spirit, that she calls, “whole being health.” Helping people to improve their health and well-being is her life’s calling.

Her career highlights include practicing medicine at Cancer Treatment Centers of America, and serving as the founding medical director for one of the nation’s first alternative medicine independent practice associations-created to provide primary care to members of a major insurance carrier’s HMO (Blue Cross Blue Shield of Illinois). She’s served as Medical Director for the Chicago Public School System. Currently, she is the Senior Area Medical Director for the Great Lakes Area of the United States Postal Service. In this role, she is responsible for all health related issues and concerns affecting 85,000 employees, hundreds of

Postal facilities in Michigan, Indiana, Illinois, Wisconsin, Missouri and Minnesota, and millions of customers.

Dr. Ferguson taught at DePaul University's Foundations of Holistic Health Program, one of the nation's first graduate level holistic health programs. She's testified before Congress; served as an adjunct professor at Roosevelt University, and Robert Morris College; lectured extensively at colleges, universities, medical schools and health conferences, and testified on Congressional panels.

Dr. Ferguson is a volunteer in youth mentoring programs, community health education projects in the Chicago Area and has helped several churches across the country establish healing ministries. She also participates in international microlending projects to empower and uplift women in war torn areas.

In her spare time she paints, gardens and engages in the textile arts. She and her husband, Victor Johnson reside in the Chicago area.

You can learn more about Dr. Ferguson by visiting her blog, [www.drelaine.com](http://www.drelaine.com), following her on Twitter @doctorelaine, connecting with her on LinkedIn [http://www.linkedin.com/profile/view?id=59466524&trk=nav\\_responsive\\_tab\\_profile](http://www.linkedin.com/profile/view?id=59466524&trk=nav_responsive_tab_profile), or becoming a fan on Facebook <https://www.facebook.com/pages/How-to-Get-Well-Faster/147007825330704>. You can also visit her book's website: [www.superhealingbook.com](http://www.superhealingbook.com)