## How Healing Works: Get Well & Stay Well Using Your Hidden Power to Heal

Presented by Wayne Jonas, MD, Executive Director of Integrative Health Programs at Samueli Foundation

## Key Points:

- 1. Up to 80 percent of health comes from factors outside of what happens in the doctor's office
- 2. 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
- 3. Learn a simple systematic approach that helps patients tap into their inherent healing capacity



**About the Presenter:** Wayne Jonas, MD, Executive Director of Integrative Health Programs at Samueli Foundation, is a boardcertified, practicing family physician, an expert in integrative health and health care delivery, a widely published scientific investigator and author of How Healing Works.





