

Sallie Felton
Life Coach, International Radio Talk Show Host
www.salliefeltonlifecoach.com
978-626-0090

LIGHT AT THE END OF THE TUNNEL, DEPRESSION 101

December 2009 – March 2010

Wednesday, March 17, 2010
Guest: Eliza Mellon-Smith, Licensed Acupuncturist

Topic: Part 4, Depression 101, The Use of Acupuncture /Traditional Chinese Medicine with Depression

Eliza is a Licensed Acupuncturist and founder of Eliza Mellen-Smith Acupuncture. Eliza received a BA in Medical Anthropology and Sociology at Earlham College, and a Master's degree in Acupuncture and Oriental Medicine (MAOM) from The New England School of Acupuncture in 2001. Eliza is licensed by the Board of Registration in Medicine of Massachusetts, and is a board-certified Diplomate of the National Commission for Certification in Acupuncture and Oriental Medicine. Eliza is trained in Traditional Chinese, Japanese, 5 element, Scalp, Auricular, Kiiko, Korean, and LASER styles of acupuncture. She is committed to the integration of Traditional medicine and Western medicine. To that end she combines the latest technology and research with traditional wisdom to form a coherent, safe and optimally effective clinical style.

www.elizamellensmith.com

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Available 24 Hours After Show Broadcast

Wednesday, February 17, 2010
Guest: Sallie and Conway Felton with Dr. David Simon, Author, Co-Author with Deepak Chopra, Neurologist

Topic: Part 3, DEPRESSION 101, LIGHT AT THE END OF THE TUNNEL

Dr. David Simon is a board-certified neurologist and pioneer in the medical field. His personal mission is to facilitate the integration of complementary and conventional medicine in the 21st century. Since he began his association with Deepak Chopra, M.D. in the 1980's, Dr. Simon has become one of the nation's foremost authorities on effective and appropriate use of holistic health care practices, specifically ayurveda – the 5,000-year-old healing tradition of India. As medical director of the Chopra Center, Dr. Simon is dedicated to catalyzing the evolution of the prevailing health care system to a healing system that encompasses the emotional, spiritual, and physical health of the individual.

His newest book, *Free to Love, Free to Heal: Heal Your Body by Healing Your Emotions*; and *The Ten Commitments: Translating Good Intentions into Great Choices*, *Vital Energy; Wisdom of Healing*; and *Return to Wholeness: Embracing Body, Mind, and Spirit in the Face of Cancer*.

David Simon is the co-author (with Deepak Chopra) of *Seven Spiritual Laws of Yoga*; *Grow Younger, Live Longer*; *Magical Beginnings*, *Enchanted Lives: a Holistic Guide to Pregnancy and Childbirth*; *The Chopra Center Herbal Handbook*; and *The Chopra Center Cookbook*.

www.chopra.com

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Available 24 Hours After Show Broadcast

Wednesday, 01/20/10

Guest: Eva Selhub MD, Medical Doctor, Author, Speaker

Topic: Part 2 - Depression 101, LIGHT AT THE END OF THE TUNNEL

Eva Selhub, MD, founder of The Love Response®, is an articulate advocate of Mind/Body Medicine, enjoys a flourishing career as a speaker, teacher and media spokesperson as well as clinical success treating patients who have triumphed over serious medical conditions and destructive emotional patterns. She is an instructor in medicine at Harvard Medical School, serves as the senior staff physician at the Benson-Henry Institute for Mind/Body Medicine at Massachusetts General Hospital and is the founder of her private practice clinical, Alight Medicine.

www.theloveresponse.com

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Available 24 Hours After Show Broadcast

12/09/09

Guest: Dr. Rick Hanson, Neuropsychologist, Meditation Teacher

Topic: Part 1, Depression 100 - What is Depression? LIGHT AT THE END OF THE TUNNEL

Sallie and Conway Felton: "*Light At The End Of The Tunnel*"

A husband and wife's personal journey through depression, support and transformation.

Depression can hit anyone at any age. It is insidious, it is weight crushing, hold paralyzing. Millions are afflicted by this disease. The secret is how one deals with it medically, holistically and spiritually. Their story is not unique; they have been living with depression for over 36 years. What is unique - this husband and wife team's willingness to take the risk in having an open and ongoing conversation worldwide. "We have learned new tools, exercises and how to change our mindset that we wished we had known years ago. But it was not talked about back then. We want to share what we've learned, provide expert guests on our show and continue our learning journey with you, our listeners. It is time to give back and help others out there suffering with depression. *There is hope and light at the end of the tunnel.*"

www.salliefeltonlifecoach.com

Rick Hanson, Ph.D., is a neuropsychologist, a meditation teacher and is a weekly contributor to psychology-today.com. A summa cum laude graduate of the University of California at Los Angeles and a graduate of the Community Dharma Leader training program of Spirit Rock, he teaches at Spirit Rock, Sati Center, and other organizations. He and his wife have two children and live in Marin County, CA.

Author of *Buddha's Brain*.

www.WiseBrain.org

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