

PRESS RELEASE

FOR IMMEDIATE RELEASE

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The Wellcorps Hour Launches with Provocative Health Talk

SAUSALITO, CA — Americans want health care addressed as a top priority in the Presidential election, yet the focus on credit-crunch bailout steals attention.

A new radio program in the San Francisco Bay Area promises to keep the pressing health issues front and center until real change is in the works.

“The Wellcorps Hour” launched its premier show on KEST-AM 1450 in the San Francisco Bay Area on Wed., Oct 1 at 7 am Pacific with hosts Terry Moore and Dr. Meg Jordan, known as the Global Medicine Hunter.

The live, health talk radio program, sponsored by Wellcorps International, presents the latest research in nutritional well-being, along with thought-provoking and controversial topics in science, education, technology and alternative medicine.

According to sponsor and Executive Producer Tony Rich, “Launching The Wellcorps Hour is part of our health and social advocacy mission, educating the public to actually transform into a well corps — or healthy citizenry, able to voice their insistence on positive health legislation, improved health care access, empowered decision-making, and legitimate medical science. These cutting-edge programs will be streamed onto the Wellcorps website under our Wellcorps Media segment as part of our RadioFreePacific.net subsidiary.”

The show’s number one topic was stress — understandable for a public seized by financial worries.

“With stress at record highs — even for a nation well steeped in ratcheting fear levels—people are suffering from a rise in stress-induced disorders,” said Meg Jordan, PhD, RN, a medical anthropologist and Department Chair of Integrative Health Studies at the California Institute of Integral Studies (www.ciis.edu). “These distress signs show up as more emergency room visits with premature labor, angina or unknown chest pain, bleeding ulcers, diffuse aches and pains, severe depression and migraines.”

But what can be done about it? Fortify yourself with a holistic lifestyle and adopt a positive mindset. In addition, try adaptogenic herbs, targeted supplements that reduce the raving effects of stress, whole foods nutrition, at least 7-8 hours of sleep, daily positive self-talk and de-stressing visualizations or meditation, daily physical activity, recreation, play and humor, and supportive relationships.

Useful tips on how to weave these stress-reducers into your daily life will be offered on this weekly show with award-winning hosts and authoritative guests.

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Topics for future shows include:

Wednesday, October 8, 2008 — Why People are Seeking Natural Remedies

Terry Moore outlines the search for healing remedies around the world, leading to questionable cures and some extraordinary breakthroughs. What's really new and what's working? Dr. J weighs in with the latest medical anthropological viewpoints. Guests include highly-respected naturopathic physician, acupuncturist and political activist, Dr. Sally LaMont.

Wednesday, October 15, 2008 — Good Health & Optimism: Why They Go Hand-in-Hand

Terry Moore asks if there is any link between our mental well-being, how we treat others, how we act in relationships, and our own nutritional status. Dr. J weighs in with some interesting facts, and together Terry and Meg lead up to a well-known celebrity guest who is an expert on relationships. Guest Dr. Gilda Carle tells us how she's combining nutritional supplementation with positive enforcements.

Wednesday, October 22, 2008 — Finding the Healthy Balance Between Chinese and Western Medicine

Terry Moore presents the history of traditional Chinese medicine and its origins here in the United States. Dr. J adds her medical anthropological insights and discusses how Western medicine is embracing these ancient healing technologies. She'll uncover meetings with the first Harvard doctors who witnessed acupuncture controlling post-operative pain and anxiety, and will be joined by Dr. Jan Ellison, a Doctor of Oriental Medicine and licensed acupuncturist. Find out where emerging health trends are leading Eastern medicine in its integrative and complementary role with Western/allopathic practices.

MP3 Downloads are available the next day after the live airings at <http://wellcorps.com/news-to-use-media.html>.

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