



# Deep Medicine: Harnessing the Source of Your Healing Power (Ions/Nhp)

*William Stewart*

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Every issue is a health issue; everything we think, feel, and do impacts our state of well-being in ways not yet fully understood by science. Without question, our ability to prevent disease, heal illness, overcome mental health issues, and maintain peak performance as we age is affected by our deepest inner beliefs and core values. **Deep Medicine**, copublished with the Institute of Noetic Sciences (IONS), is a program created by Dr. William Stewart that is designed to help you develop a personal plan for finding and using your own inner power to heal.

First, you'll learn how to take your vital signs by asking yourself four key questions of self-assessment: What am I thinking? What am I feeling? What am I doing about it? How is it working for me? Then, you'll discover methods for accessing your intuitive inner wisdom and living purposefully. The practice of deep medicine will reward you with a life of conscious awareness and set you on the path toward greater physical, mental, and spiritual well-being.

*Deep Medicine offers a free-spirited approach to exploring your innate health-building potential.*

-Mehmet Oz, MD, heart surgeon and coauthor of *YOU: The Owner's Manual*

*When it comes to our health, our choices are often our destiny. In Deep Medicine, Dr. Stewart supports our choices with the skill of a surgeon and the wisdom of a healer.*

-Rachel Naomi Remen, MD, professor and author of *Kitchen Table Wisdom*

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