

Documentary “The Connection” to be showcased at N.B. Whaling Museum

The
CONNECTION

Mind your body.
Remarkable stories of recovery.
A Documentary by Shannon Harvey


**Jon Kabat-Zinn, PhD, founder of
Mindfulness Based Stress Reduction**
Famous for his research showing benefits of meditation for
patients with chronic illness & stress related disorders.


Hosted by
The New Bedford
Wellness Initiative
Michael Rocha, MD.

New Bedford
WELL
New Bedford Wellness Initiative
Get moving, get healthy...

FREE to the Public

Wednesday, November 19, 2014
The Whaling Museum
18 Johnny Cake Hill, New Bedford, MA
7 PM
Panel Discussion after Movie

 **Down to Earth**
NATURAL FOODS
For People & Pets

 **COMMUNITY NURSE
& HOSPICE CARE**
Visiting Nurse | Hospice | Private Care

This is a film for people who have tried everything. It offers answers and proves that you can change your mind, change your health and change your life.

At 24 years old filmmaker Shannon Harvey was diagnosed with an autoimmune disease. Her immune system had become hyperactive

and was attacking normal, healthy tissues. Her muscles and joints were inflamed and she was told if her disease progressed she could end up with organ failure, or wheelchair bound.

In search of a cure, Shannon tried everything from drugs to alternative therapies and everything in between. But she was still sick. There was one thing she did know. When she was stressed, she got worse and with a background in journalism, Shannon sought answers in pioneering science. On her journey to getting better, Shannon realized that in order to change her health she needed to change her mind

The Connection is a film about how frontier research is proving that there is a direct connection between your mind and your health.

The film features scientists, researchers, writers and doctors, as well as remarkable true stories of people adding mind body medicine to their healing toolkit to recover from severe back pain, heart disease, infertility, cancer and multiple sclerosis. While the science is complex, the solutions for people suffering with illness are astonishingly simple.

The film shows that we can counter the harmful affects of stress with an equally powerful relaxation response triggered through specific techniques such as meditation. It shows that emotions can impact the course of an illness for better or for worse and could even be the difference between life and death. The film explains the mechanisms behind belief, which scientists now know contributes 30 to 50 percent of the effect of any known biological cure and explores how scientists at the cutting edge are now learning that the mind can even influence the expression of genes and the rate at which we age.
