

# the **BALANCE** SEEKERS

*The scientific medical world must answer questions that the public needs to know. Is stress really bad for your health and the immune system ... If stress can make you sick, can believing make you well? What is science learning about modalities based on ancient practices, how they work and how they can help the body heal?*

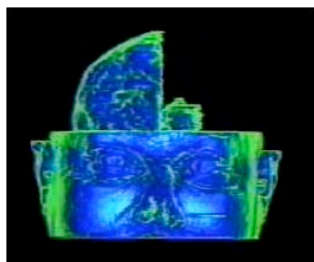
*-Dr. Esther Sternberg*

Until recently science offered no proof that ancient practices like yoga and meditation did anything more than temporarily make us feel good. But now advances in medical research are revealing that these modalities and other natural approaches can lower blood pressure 8-14 points, reduce back-related health care costs 40%, double the growth rate of premature babies and help to make us well and fight disease.

## *The Series*

Like a good mystery, The Balance Seekers takes on the challenge of decoding the secrets of ancient healing practices. Our host, medical researcher in the science of mind-body interactions, physician Dr. Esther Sternberg, leads us on a personal journey into the history, effectiveness, and medical understanding of practices such as acupuncture, visualization and deep breathing.

The Balance Seekers stands in contrast to other programs by presenting cutting edge evidence linking emotions and stress to the intricate systems of the mind and body. Dr. Sternberg's standing will afford us an unprecedented level of access and expertise in the scientific community.



Each episode begins with the personal story of both an individual who is having a health issue related to stress and the researchers who are making discoveries about how mind-body practices heal. Like a medical detective, Dr. Sternberg uncovers how stress damages the body and she'll travel the globe to discover the origins and techniques of ancient healing practices that could provide relief or a cure. With this information in hand she'll enter halls of science to dissect how they work.

Incorporating stories of real people working to balance the challenges of modern life, the series will explore science's new understanding of labyrinths, aromatherapy, Tai Chi, Yoga and massage. It will take a fresh look at places that claim to heal, like Lourdes in the southwest of France and Santiago de Compostella in northwestern Spain. And it will explore the benefits of today's spas and their unbroken connection to ancient Greece, Rome and Turkey.

The Balance Seekers will track the researchers whose discoveries are finally explaining the important role emotions play in healing. Our journey will prove that timeless techniques based in relaxation and personal empowerments are effective tools for fighting off disease and maintaining good health.

Dynamic and intimate, each one-hour episode, shot in HD, will entertain, enlighten, and inspire the seeker in all of us to explore activities that support health, reduce stress and find balance.

## Host

### Esther Sternberg, M.D.



Dr. Sternberg is internationally recognized for her discoveries in brain-immune interactions and the effects of the brain's stress response on health and illness: the science of the mind-body interaction. A dynamic speaker, recognized by her peers as a spokesperson for the field, she translates complex scientific subjects in a highly accessible manner, with a combination of academic credibility, passion for science and compassion as a physician.

Dr. Sternberg received her M.D. degree and trained in rheumatology at McGill University, Montreal, Canada, and was on the faculty at Washington University, St. Louis, MO, before joining the National Institutes of Health, Bethesda, MD, in 1986, where she is currently based. In addition to numerous publications in leading scientific journals, she has edited several books and authored the popular book: "The Balance Within: The Science Connecting Health and Emotions." (W.H. Freeman & Co., 2000, paperback H. Holt 2001; Translations: Dutch 2001, Chinese 2002; Japanese 2005; Arabic & Russian in progress) and is a regular book and movie review contributor to the "Books et al." section of Science magazine. Dr. Sternberg lectures nationally and internationally to both lay and scientific audiences and is frequently interviewed on

national and international radio, television, film and print media on subjects including the mind-body connection, 'stress and illness', and spirituality, love, and health. Recently she moderated a panel with the Dalai Lama; was featured on the PBS Television Special "The New Medicine"; in a National Geographic Special "Miracle Cures"; a Canadian National Film Board film "The Mystical Brain"; and on Krista Tippett's "Speaking of Faith" on NPR Radio.

Currently, Chief of the Section on Neuroendocrine Immunology & Behavior at the National Institute of Mental Health, Dr. Sternberg is also Director of the Integrative Neural Immune Program, NIMH/National Institutes of Health; Co-Chair of the NIH Intramural Program on Research in Women's Health; and Research Professor at American University. Her numerous original scientific and review articles and textbook chapters are published in leading scientific journals including Science, Nature Reviews Immunology, Nature Medicine, The New England Journal of Medicine, Scientific American and Proceedings of the National Academy of Sciences. In recognition of her work, she received the Public Health Service's Superior Service Award; Arthritis Foundation William R. Felts Award for Excellence in Rheumatology Research; United States Department of Health and Human Services Public Health Service Staff Recognition Award; FDA Commissioner's Special Citation; NIMH Director's Merit Award; was elected to the American Society for Clinical Investigation; to a Committee of the National Academy of Sciences' Institute of Medicine; testified before Congress; was advisor to the World Health Organization; member of the National Library of Medicine's (NLM) Literature Selection Technical Review (Medline) Committee. Dr. Sternberg is frequently invited to lecture nationally and internationally, including at the Smithsonian Institution (Washington, D.C.); Nobel Forum (Karolinska Institute, Stockholm); Royal Society of Medicine (London, UK); Woman's Heart Day (Madison Square Garden & MCI Center Washington, DC). She has chaired many national and international scientific conferences; is past-President of the International Society for Neuroimmunomodulation; and co-directed a concurrent NLM Exhibition & video on "Emotions & Disease".

Her work galvanized establishment of the field of brain immune interactions. In recognition of her accomplishments, Dr. Sternberg is featured in the National Library of Medicine Exhibition on Women In Medicine: "Changing the Face of Medicine" ([www.nlm.nih.gov/changingthefaceofmedicine/](http://www.nlm.nih.gov/changingthefaceofmedicine/) click: Explore the Exhibition) and is a regular invited delegate at Fortune Magazine's Most Powerful Women Summit. For more information and links go to: [www.esthersternberg.com](http://www.esthersternberg.com).

## *The Production Team*



In 1999 brothers Matt and Renard Cohen founded Resolution Pictures. Some of their productions include: PBS's Food Trip with Todd English (James Beard Award 2007), Lidia's Italy with Lidia Bastianich, Seasoned with Spirit with Loretta Barret Oden (Emmy Award 2006). FineLiving's Back to Basics, HGTV's Restore America and the Food Network's My Country My Kitchen (James Beard Award for Best National Television Food Journalism). In addition to Todd English and Lidia Bastianich, Resolution has worked with other high profile talent such as Sara Moulton, Mario Batali, Bill Boggs, Ming Tsai, and Martin Yan among others. Additional credits include, Simplify Your Life, and The Best Life Special for the FineLiving Network. Prior to forming Resolution, Matt Cohen

created the pilot and produced four seasons of Trailside: Make Your Own Adventure, a public television "how-to" show on the outdoors. He was nominated for an Emmy for his work on the series. Resolution Pictures was awarded an Emmy for Theater on the Edge a segment produced for WNET's City Arts.

### **RICHARD DALLETT- Director of Photography**

Richard Dallett is an accomplished Director of Photography/producer/director with many awards and top rated shows to his credit. Resolution Pictures and Richard have enjoyed a close and fruitful relationship for over 20 years. A short list of Richard's work follows: **Presidential Tour of Ghana**: a Travel Channel trip around the West African country of Ghana with Forrest Sawyer that aired 10/05. **Ciao America with Mario Batali**, 13-part, James Beard Award nominee airing on The Food Network. **Survivor I-VI**. Emmy award winner/Outstanding Non-Fiction Program. Nominated for three Cinematography Emmys. **My Country, My Kitchen**, chefs around the world for the Food Network. **Johns Hopkins University** video portraying professors and students in Nanjing, China; Florence and Bologna, Italy; and Baltimore, Maryland.

Richard's directorial accomplishments include: **The Real World: Miami** (Season 5), a 22-part documentary series for MTV. **Trailside: Make your own Adventure** - 7 segments: a National PBS outdoors show produced by New Media, Inc. 1993 -1996.

### **Contact:**

**Resolution Pictures**

**610-285-4746**

**renard@resolutionpictures.com**

**matt@resolutionpictures.com**

**2311 Seipstown Road, Fogelsville, PA 18051**