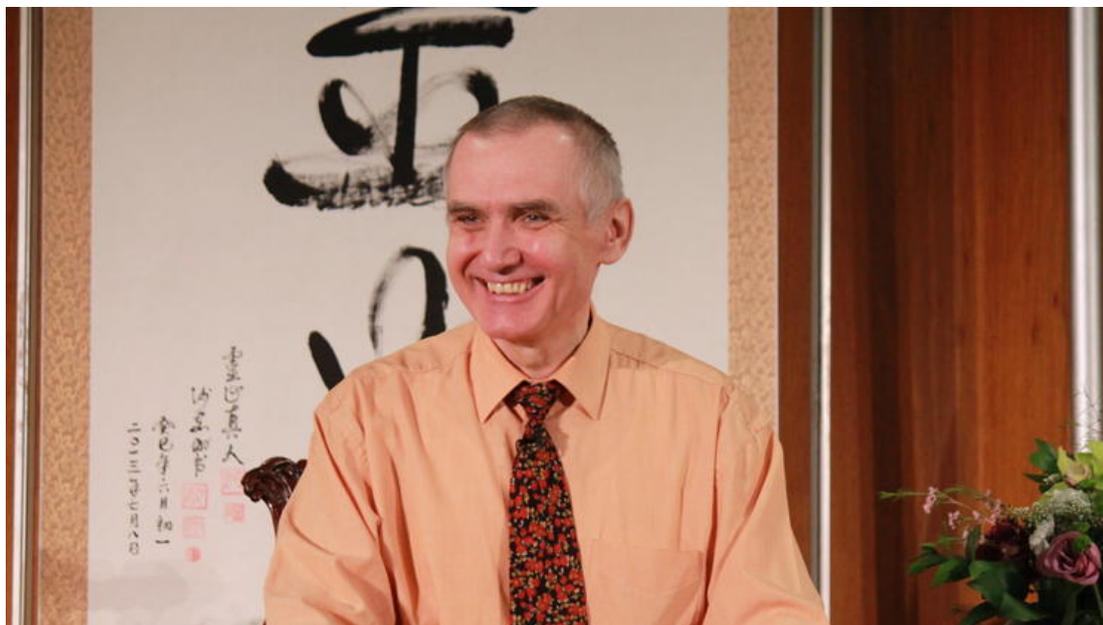


# Groundbreaking Neurosurgeon Offers New Insights on How to be Healthier and Happier



Posted by Brown, Community Contributor

By **Posted by Brown, Community Contributor**

JUNE 8, 2019, 8:36 AM

**D**r. Peter Hudoba is passionate about helping people regain their health, and wellbeing and live their best life. In his breakout bestselling book "Shen Medicine: Changing Messages of Illness to Health as Told by a Neurosurgeon," he takes readers down a new path for combating illness and regaining health, so that they can have the body and life they want and need..

## **When readers pick up Shen Medicine, what do you hope they will get from it while they are reading?**

I hope they will awaken to their own potential for supporting their health and well-being. In Shen Medicine, I explain in simple, clear terms essential wisdom and techniques that anyone can learn and use to foster good health and longevity. I want people to understand the power of positive messages for healing and maintaining good health.

## **When you read the amazing forward provided by Dr. and Master Sha, how did you feel?**

I was extremely moved and felt so much gratitude to Dr. and Master Sha for his extraordinary forward to my book. It is humbling to read his words. He has given me and my family so many blessings and transformed my life. I am very grateful that he has given me the opportunity to be a Master Teacher, to do research about Shen medicine, and to spread his teachings.

## **You went from being a neurosurgeon to exploring alternative forms of medicine, working with the Sha Research Foundation, and writing this book. That seems like in some ways this may have been a big shift for you personally. Can you talk about how that happened?**

Support Quality Journalism  
Subscribe for only 99¢

START NOW ›

ions about the roots of illness. I studied intensively and traveled to China to learn this at the same time as I was pursuing a successful career as a neurosurgeon,

researcher, and teacher. But it was a big shift when I met Dr. and Master Sha and discovered a deeper wisdom and techniques that answered my deepest questions. This discovery added a missing piece to my life and combined both my passions to heal and my search for deeper spiritual knowledge. I had already won awards for my earlier research, and now I am using those skills to show the evidence of the benefits of this alternative form of healing. It has been extremely rewarding and I feel happier and healthier than ever before.

**Since you began exploring alternative medicine, how has your perception of the world and spirituality changed? What inspired you to share it with others?**

I now understand that everything in the world has what is called in Chinese shen qi jing: shen is soul, heart, and mind; qi is energy or life force; jing is matter and includes all the tiny particles of our bodies and everything else on earth and the universe. I understand and experience the oneness and unity of everyone and everything. I have also experienced enlightenment and want to share with everyone these deep teachings and simple but powerful techniques to live healthy, happy, long and flourishing lives.

**Do you intend to write another book?**

This is my second book and I do intend to write more. I am actively writing articles and giving presentations about the research into Shen medicine and expect to have more to share for a general audience in the future. Whatever I learn that will help people cultivate good health and well-being, I will want to convey to as many people as I can.

*This item was posted by a community contributor.*

Copyright © 2019, Daily Press