

<https://www.chicagotribune.com/suburbs/morton-grove/community/chi-ugc-article-neurosurgeon-peter-hudoba-md-talks-about-ho-2019-06-06-story.html>

[Weather Alert in McHenry and Kane counties.](#)

June 6

[Suburbs Morton Grove Champion Morton Grove Community](#)

From the community:

Neurosurgeon Peter Hudoba, M.D Talks About How to have a Healthier and Happier Life

Posted by Martin Brown, Community Contributor

Community Contributor Martin Brown

Peter Hudoba, M.D, the author of the groundbreaking new book "Shen Medicine: Changing Messages of Illness to Health as Told by a Neurosurgeon," offers readers information on how they can take control of their health and wellbeing, and find a path to happiness and healing. R Hudoba brings together his experience as a neurosurgeon and this unique holistic modality to create a book that is easy to understand and apply in readers day to day lives.

All books have a back story. So I have to ask - why did you write Shen Medicine?

I wrote Shen Medicine to share this valuable knowledge with as many people as possible. Ever since I was a young child, I have been focused on how to help people be healthy and overcome illness. I also have an analytic mind so I have always been fascinated with how the body works. My grandmother had great folk wisdom passed down through generations about herbs, and my mother would pick up herbs on our walks in the park to make a healing tea.

I went on to attend medical school and became a neurosurgeon, researcher, and professor. But I also studied ancient wisdom about healing at the same time and traveled to China to learn acupuncture and other Eastern arts. I was constantly seeking the answer to the root of illness, as I found limits to both Western and traditional Chinese medicine. When I met Master Zhi Gang Sha, I discovered the missing component to add to the treatments already available. With Shen Medicine, I want to bring this discovery to a wide audience.

You have been studying with Master Zhi Gang Sha for quite some time. What inspired you to shift away from your practice to doing more research and teaching Shen Medicine?

Although I had always pursued my interests in alternative healing methods, it was separate from my work as a neurosurgeon. When I began studying with Master Sha, my passion for healing and my passion for spiritual growth came together. Shen Medicine complements the methods of healing that I already knew, but added a holistic dimension to the process of healing, maintaining good health and promoting longevity.

This dimension is the message that we are giving to soul, heart, mind, and body. If the message is corrupted, the optimal result may not be possible. I had already done extensive research in

neurosurgery and now have applied those research skills to this approach. In Shen Medicine, I describe 46 case studies to show the results of this research.

When you are not writing or traveling around the world teaching about soul mind body alignment and enlightenment, what are you doing?

I have a wonderful time writing, traveling, and doing research. If I am not doing those things, I am meditating and doing the practices I teach, and I rediscovered a love of music, after clearing away a block I had, thanks to Master Sha and his teachings. My wife and I have always enjoyed being in nature. We spent our honeymoon at a mountain cabin, picking herbs and drying them to bring back with us to the city.

When you finished the final read through for Shen Medicine, what part did you like, or better yet, love the most - and why?

I love that I have been able to state in simple, clear terms the wisdom of Shen Medicine and how everyone can apply it in their daily lives to support their health. The best part is helping people understand how soul, heart, mind, and body work together and how they can take action to have positive messages flowing for optimal health.

While writing Shen Medicine did you learn anything new about yourself?

I learned even more how deeply grateful I am to be able to study Shen medicine and what a gift it is to be able to spread this knowledge. I loved writing the book and making this precious information available to everyone in this form.