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**Psych Up Live**  
**Thursday at 11 AM Pacific**  
**November 26th 2020: Encore Alternative**  
**Medicine and the Surprising Power of Belief**

The amount of stress worldwide is at an all-time high as the Corona Virus spreads. Self-Care and understanding alternative ways of easing pain are important. This show takes a close look at the varied forms of Alternative Medicine from Energy Medicine, Acupuncture, Chiropractic to religious belief, embraced by millions seeking relief for chronic pain, digestive disorders, fibromyalgia etc. Our guest author, Melanie Warner draws upon her important new book, *The Magic Feather Effect: The Science of Alternative Medicine and the Surprising Power of Belief*, to invite us into a personal research journey.

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#### Featured Guest



##### Melanie Warner

Melanie Warner is a freelance journalist and author *Pandora's Lunchbox: How Processed Food Took Over the American Meal* and *The Magic Feather Effect: The Science of Alternative Medicine and the Surprising Power of Belief*. She has been a senior writer at *Fortune Magazine*, where she chronicled the dot com boom in Silicon Valley, a reporter at *The New York Times*, covering the food industry, and a food blogger for CBS Interactive. She lives in Honolulu.

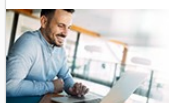
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