



“The Slow Medicine Bag” Television Segment Outline

Michael Finkelstein, MD, The Slow Medicine Doctor

Overview

Dr. Finkelstein will bring to the studio a medicine bag with seven items, each representing one spoke from the [Wheel of Health](#). Each “spoke” is a moving part that contributes to our optimal health, and each spoke furthermore is dynamic – interacting with and amplifying the power of the other spokes.

When we garden with our loved ones, for example, we do all of the following simultaneously:

- engage in physical activity
- connect to nature
- nourish our relationships

If we take this activity one step further – for example, creating a garden for an inner city school, we add the following to the mix:

- build community
- connect to our life’s purpose work

Through the body-mind-spirit connection, each spoke that we activate sets off a biochemical cascade of wellness throughout our system, optimizing our health on every level. To emphasize, our wellness is not only the sum total of each spoke, or each moving part, but it is also the *synergistic relationship* between them. In other words, Slow Medicine effectively offers a healthy twist on “multitasking,” one that results in a medical alchemy that in turn has the potential to heal chronic illness, from the inside out.



Studio Setup

The medical bag will be placed at the edge of a table, with seven items laid out in front of it:

- Journal (mental-emotional)
- Tea set (relationship to others)
- Clay pot with dirt, packets of seeds, a shovel (relationship to natural world)
- Pink golf ball (physical body)
- Hammer (community)
- Dream catcher (life purpose)
- Candle (relationship to the Divine)

As Dr. Finkelstein speaks, he will gesture to the respective item on the table.



Suggested Questions and Visuals:

Question #1: What is Slow Medicine?

Answer #1:

1. Physical health exists in context of greater lives.
2. Become mindful of each area and connect the dots.

Visual Options #1:

1. [Slow Medicine book](#)
2. [Slow Medicine B-roll clip](#)
3. [Slow Medicine Building Blocks slide](#)

Question #2: What's in the Slow Medicine bag?

Answer #2:

- Seven items, each representing one spoke in the wheel of health.
- Dr. Finkelstein will discuss two items for starters, including [a compelling patient anecdote](#)
- Dr. Finkelstein will pause, after the first two questions, allowing the host to ask about other items that pique her/his interest.

Visual Options #2:

- [Slow Medicine Wheel of Health](#)
- Live shots of Dr. Finkelstein holding or gesturing to each item, while discussing what it represents and how it influences our health
- [Slow Medicine Bag](#) photo series