



## PHYSICIAN • AUTHOR • SPEAKER

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Dr. James Kwako was born in Bismarck, North Dakota. He is the second from the youngest in a family of five children. The Kwako family were health-oriented, in both practice and career. Dr. Kwako's mother was a registered nurse; his eldest brother, a pediatrician; his eldest sister, a nurse; and his youngest sister was an occupational therapist.

Although Dr. Kwako attended medical school at both the University of North Dakota and the University of West Virginia, the University of North Dakota only offered two years of schooling, requiring its students to complete their education elsewhere. Thus, he went on to finish his education at the University of West Virginia, completing a second-year residency in Family Practice at the Kanawha Family Practice Center in South Charleston.

In 1976, Dr. Kwako completed a residency in Holistic Medicine in Phoenix, AZ. The program was developed by Gladys, M.D. and Bill McGarey, M.D., a husband and wife team with Family Practices dedicated to researching and applying the Edgar Cayce material. In 1977, the New England Journal of Medicine proclaimed Mr. Cayce the "Father of Holistic Medicine."

It was also in 1976 that Dr. Kwako joined with C. Norman Shealy, M.D., Ph.D., a neurosurgeon, who established the first comprehensive, out-patient, chronic pain treatment program. While there, Dr. Kwako served for two of his four years as the program's Medical Director. Dr. Shealy also founded the American Holistic Medical Association and Dr. Kwako became a founding member, serving as its annual meeting chair for three years followed by its board member for two years.

In 1980, Dr. Kwako joined Evarts Loomis, M.D. at Meadowlark Retreat Center, a residential treatment center located in Hemet, CA. Meadowlark later became a well-known holistic retreat program, serving many guests, nationally and internationally. During his time at Meadowlark, Dr. Kwako created holistic physician study groups in both Los Angeles and San Diego.

In 1990, Dr. Kwako relocated to Santa Barbara, CA, where he established a private Family Practice. Soon after, he became an Instructor with the Santa Barbara City College Adult Education Program, whose name has since changed and is now called the Center for Lifelong Learning (CLL). Dr. Kwako continues to offer several classes on a variety of health and healing related topics for CLL.

In 2011, Dr. Kwako created the Santa Barbara Holistic/Integrative Medicine Study Group. This group meets monthly to discuss a variety of topics on healing, each are led by an invited speaker. The group is made up of health practitioners and professionals, representing physicians, nurses, psychologists, chiropractors, body workers and other healers.

In 2011, Dr. Kwako also joined the International Association of Near-Death Studies, Santa Barbara Chapter. Since joining the group, he became, and currently is, a faculty member, leading general discussion groups as part of these monthly meetings.

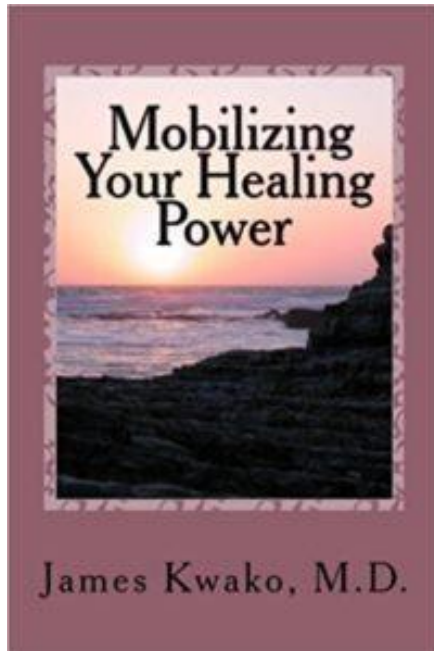
While in Santa Barbara, Dr. Kwako joined the Unity Church of Santa Barbara (UoSB) and has served on its board as President on three separate occasions. During this time, Dr. Kwako also became an ordained minister of the International Church of Religious Science and Healing.

Dr. Kwako is the author of *Mobilizing Your Healing Energy*, self-published by Amazon, 2017. He also speaks on a wide variety of health and healing topics for local organizations and other events.

Dr. Kwako is married to Jamie Truscott Kwako. Together, they have raised two wonderful sons. Dr. Kwako especially enjoys spending time with his loving family and their family pets, the most current of which is an unusual German Shepherd named Micah. Although he stays quite busy with his holistic medical practice, speaking and teaching events and groups, his writings, and spending time with his family, Dr. Kwako's especially enjoys his favorite hobby, singing with the UoSB choir. He is proud to share the good news that the UoSB Choir was recently invited to sing at Carnegie Hall in November, 2018.

## Mobilizing Your Healing Power – The Book

Published by James Kwako, M.D., 2017



*“...I encourage you to take this marvelous medical journey with Dr. Jim. It will awaken you to your wise physician within, your inner voice of love and delight.”*

– **Jack Canfield**, Co-author of the *Chicken Soup for the Soul®* series

*Mobilizing Your Healing Power* addresses the whole person body, mind and spirit. It draws upon the experiences of thousands of patients, scientific studies, professional observations and personal insights. The uniqueness of this book is that it encompasses a holistic view to medicine and healing. Our body, heart, mind and spirit each have important roles to play in our overall well-being. Within each of us are layers of function from the concrete physical to gradually increasing subtle levels of resilience, creativity, love, wisdom, strength and joy.

After a brief discussion of causes of disease and principles of healing, Dr. Kwako divided this book into four main sections. For physical health there are chapters on nutrition, exercise, energy, the use of supplements, hormones, and sleep. For emotional health there are chapters on stress, relaxation, relationships, and resistance to healing. For mental agility there are chapters on memory medicine, enlightened approaches to work, exploring the meaning of dreams and increasing intuition. For the spiritual aspects of healing there are sections on communing with nature, prayer, meditation and the afterlife.

*Mobilizing Your Healing Power* is written to show how the finer attributes of life are integral parts of our everyday world and the energy of healing. Goodwill, kindness, compassion, courage and cheerfulness are real energies that can be learned and shared with profound healing effects. We are each meant to grow into higher elements of our self-awareness and self-expression to make a healthy contribution to the lives of those around us. This book will help you learn how to take care of yourself, promote self-healing and add to the healing of others. Abundant healing resources are ever present within us and around us. Are you ready to find them, activate them, and transform your life with vibrant healing energy?

## Reviews

This book is an open door to a vast room of extraordinary healing resources. Dr. Kwako describes in easy to understand terms how to access healing with common and not-so-common approaches. The common ways to heal are with nutrition, exercise and stress coping skills, presented in a stepwise fashion that I should have seen elsewhere and haven't. The less common sources of healing he awakened to me include nature, music, the arts, and intuition. I am grateful for the experience of learning about the abundance of healing energy sources Dr. Kwako explores and highly recommend it." – **Dennis Miller**, Comedian

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"Dr. Kwako's book *Mobilizing Your Healing Power* is an excellent guidebook on how to find the energy of healing. He identifies and describes a marvelous array of healing sources in nature, nutrition, relationships, common sense and the creative spirit within all of us. His many stories especially reveal the innate power we all have to heal both common and serious conditions. Best of all he provides practical steps for how to activate our own healing efforts. He deeply affirms our own source of healing as a dynamic presence that is always working for us, and, as we listen more, will actually prevent many of our problems from even happening in the first place. I encourage you to take this marvelous medical journey with Dr. Jim. It will awaken you to your wise physician within, your inner voice of love and delight." – **Jack Canfield**, Coauthor of the *Chicken Soup for the Soul®* series and *The Success Principles™: How to Get from Where You Are to Where You Want to Be*

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"There are many books on the market on the subject of health and healing, particularly natural healing, making it difficult to decide which ones are actually worth reading. Not that I have read them all, because I haven't, but of those I have read I recommend *Mobilizing Your Healing Power* by Dr. James Kwako. This book is filled with all the good stuff, the right stuff, the stuff that will put you on the road to better health and wellness.

"Dr. Kwako's writing flows like a river, getting you from point A to B easily and swiftly. From the first chapter of this book to the last, the good doctor packs it like a professional traveler would a suitcase – with only that which is necessary to make the journey. Topics included in the book are nutrition, sleep, hormonal balancing, healing pain, discovering our inner ability to heal, the role of healers and healing, and much more.

"In the final analysis, I must borrow the words of Dr. Kwako, *Mobilizing Your Healing Power* does what it sets out to do, teaches "how to take care of yourself, promote self-healing, and add to the healing of others." I am convinced that by the time you too finish reading this marvel of a book, you will also be ready to make the journey towards your own healing and wellness experience." – **Jan McBride**, Paralegal, Writer

## Testimonials

“I have been a patient of Dr. Jim’s for many years. Each time I see him he always listens to my concerns, asks pertinent questions, examines me and focuses on my current needs. He always considers larger issues as part of current conditions, what I was eating, drinking, doing and thinking prior to the onset of the problem whether it’s only a bug of some kind or simply fatigue from overworking. I especially appreciate his perspective that takes into account the best of what traditional medicine has to offer and also the much larger field of healing, which he expertly draws upon as well. He has many skills of healing ranging from nutrition and herbs to knowing how better to accept and love myself in spite of what seems to be missing. I totally trust his ability to pay attention to my needs and always look for more. I have always gotten better quickly when I am sick or challenged, but more importantly, following Dr. Jim’s dietary and nutritional suggestions has meant I am rarely sick or depleted. I am truly grateful for his contribution to my life and wellbeing.” – **Jack Canfield**, Coauthor of the *Chicken Soup for the Soul®* series and *The Success Principles™: How to Get from Where You Are to Where You Want to Be*

“This Doctor is genuine. He leads with his knowledge and heart. I’ve been his patient for about 25 years and have never been in better hands.”

“He is my GP and of course I have other Doctors that I see for specific conditions but for general well-being and consultations he has always been spot on.”

“He is reassuring and able to guide me to the best treatment for my general health. He combines western and eastern methods for recovery. He actually came to my home to give me acupuncture treatments because I couldn’t leave the house.”

“He asks important questions and spends as much time as I need to finish my appointment to my satisfaction.”

“I have recommended at least a half dozen people who have been his clients for a number of years. Everyone says the same thing, he is smart and capable as a family doctor. I often think of him as a country Dr in the old sense that he is familiar and caring and has a gentle hand in my health decisions.”

## **Talking Points**

- Causes of Disease
- How Emotional and Spiritual well-being impacts our health or lack thereof
- Activating practical principals of healing
- Energy sources of healing
- Sleep strategies
- The value of exercise
- Treating chronic pain
- Nutritional and Herbal medicine
- The role of healers in self-healing
- Transforming stress to stimulate healing
- How to be relaxed and calm
- Type of treatment, including Eastern and Western methods
- Experience at a chronic pain clinic, working as Medical Director with Dr. Norm Shealy
- Experience working at Meadowlark Residential Retreat Center with its founder Evarts Loomis, M.D.
- Experience working with Bill and Gladys McGarey, founders of the Edgar Cayce Medical Research Center in Phoenix, AZ

*“Beyond the use of medications and surgery, medicine today lacks guidelines for how to heal yourself. It is mainly authoritative and arrogant. It is just beginning to be collaborative, which is the essence of healing. Each of us needs to learn how we became ill and how to access sources of healing, especially serious and chronic disease. Most of all we need to learn how to be well in body, heart, mind and spirit. We need to learn how to enjoy and rely on vibrant health for a full life span with minimal aches, disease and distress. We should be able to look forward to a future of growing health in our career, family and special interests, especially as we age.”*

*~ James Kwako, M.D.*





To book Dr. Kwako for your special event, or for your radio/television program, please contact him at [jameskwakomd@yahoo.com](mailto:jameskwakomd@yahoo.com) or by telephone at 805-565-3959.