



Adam Shaw:

Having worked for 13 years on the 'front line' of the NHS as a nurse on a heart ward, Adam Shaw has used his experiences there to develop Walk Innovation, a health and personal development programme to help people overcome stress and avoid heart disease. The interview was recorded on a walk around St Albans.

Notes from the podcast interview by Andrew Stuck: Recorded in May 2011 and published in July 2012 on <http://www.talkingwalking.net>

Through his work caring for and talking to hundreds of patients who had suffered heart attacks, Adam identified two key needs of patients as they neared death – a need to resolve family issues and a need to determine their purpose in life. He believes that people can reverse symptoms of heart disease and overcome family issues through recognising that their heart is the shock absorber for stress, by walking more and being 'grounded'.

Adam has trained as a Reiki Master and in Neuro-Linguistic Programming, Hypnotherapy and Time Line Therapy, and has found that these complement his medical training as a nurse.

Reiki: <http://www.reikiassociation.org.uk/3.html>

Neuro-Linguistic Programming: http://en.wikipedia.org/wiki/Neuro-linguistic_programming

Hypnotherapy: <http://www.thehypnotherapyassociation.co.uk/abouthypnotherapy.php>

Time Line Therapy: <http://www.timelinetherapy.net/>

In this interview, Adam explains the Walk Innovation programme and how it can be simply applied: <http://www.walkinnovation.com/>

Adam's recommended routes were:

In St Alban's – the circular Gorhambury Walk:

http://www.walkingbritain.co.uk/walks/walks/walk_b/1343/