

CENTER FOR
YOUTH  **WELLNESS**
health begins with hope



Watch: Dr. Nadine Burke Harris on TED

As a pioneering pediatrician in San Francisco's Bayview, Dr. Nadine Burke Harris saw first hand how early adversity in childhood can profoundly impact the risk of disease in adulthood. The culprit? Toxic stress caused by exposure to adverse childhood experiences (ACEs) such as abuse, neglect and household dysfunction.

Once Dr. Burke Harris discovered the science, it led her to found the [Center for Youth Wellness](#), which works to prevent, screen, and heal ACEs and toxic stress. **We're excited to share that Dr. Burke Harris' talk on her medical journey and the link between early trauma and lifelong health is featured today at [TED.com](#)!** Take a few minutes, as

soon as you can, to watch the talk. <http://go.ted.com/ysX>

The talk "[I was Just Thinking Too Small](#)" – recorded at [TEDMED](#) in 2014 and just posted on TED.com – is a powerful look at how the experiences we have as children can have ripple effects for the rest of our lives. In the talk, Dr. Burke Harris details the compelling science that prompted her to re-imagine her medical practice. She urges the audience to recognize ACEs and toxic stress in order to get at the root causes of illness.

"The science is clear, early adversity dramatically affects health across a lifetime," she says. "The single most important thing we need today is the courage to look this problem in the face and say this is real and this is all of us."

At CYW, we believe that children can thrive, and we know this public health threat is both beatable and treatable. We're committed to raising awareness about this issue among pediatricians, policymakers, parents and everyone who has the power to make a difference.

We set an audacious goal of **one million views** to demonstrate the momentum behind our movement, and we know we can get there with your help.

Here are three easy ways you can help:

- 1) Forward this email to anyone you think would be interested.
- 2) Feature this talk on your website or blog.
- 3) Spread the word on social media - here are some sample social media posts you can use:

What's the #1 public health issue of our time? Watch [@DrBurkeHarris](#) [@TEDMED](#) 2014 talk on [#toxicstress](#) now on [@TEDTalks!](#) go.ted.com/ysX

[@DrBurkeHarris](#) raises the alarm about [#adversechildhoodexperiences](#), [#toxicstress](#) on [@TEDTalks!](#) [htgo.ted.com/ysX](http://go.ted.com/ysX)

Thank you for speaking up for healing!

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