

**From:** Deepak Chopra <[REDACTED]>  
**To:** Rudy Tanzi <[REDACTED]>  
**CC:** "Schadt, Eric" <[REDACTED]>, "Farrell, Glenn" <[REDACTED]>  
**Subject:** Re: press release for meditation paper  
**Date:** Mon, 01 Aug 2016 12:55:19 +0000

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Listen guys it's ok if I'm not quoted  
I'm fine if we state the facts !!

Deepak Chopra  
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Carlsbad, CA 92009

 [\*Super Genes: Unlock the Astonishing Power of Your DNA for Optimum Health and Wellbeing\*](#)

On Aug 1, 2016, at 8:47 AM, Rudy Tanzi <[REDACTED]> wrote:

We were not planning a release. MGH unusually reserves that for the corresponding authors institution.

Sent from my iPhone

On Aug 1, 2016, at 8:45 AM, Schadt, Eric <[REDACTED]> wrote:

We will work with our press office to see what is possible. Will you put out a release as well Rudy, from Harvard? And if so will you have a quote from Deepak? That may be helpful in representing that to our office.

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**From:** Rudy Tanzi [REDACTED]  
**Sent:** Monday, August 01, 2016 8:41 AM  
**To:** Schadt, Eric  
**Cc:** Deepak Chopra; Farrell, Glenn  
**Subject:** Re: press release for meditation paper

This was funded by a nonprofit (Chopra foundation). So I think it is good if Deepak is quotes and it will bring more attention to the study. We could maybe say before Deepak quote something about the foundation and have him speak in their behalf?

Sent from my iPhone

On Aug 1, 2016, at 8:09 AM, Schadt, Eric <[REDACTED]> wrote:

I think absolutely describing where the retreat was located and your involvement in that is not a problem, since that accurately describes the study that was done!

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**From:** Deepak Chopra [REDACTED]  
**Sent:** Monday, August 01, 2016 8:07 AM  
**To:** Schadt, Eric  
**Cc:** Farrell, Glenn; Rudolph Tanzi  
**Subject:** Re: press release for meditation paper

I'm fine --you don't have to be concerned re me.

We want the study to get exposure.

Just make sure its mentioned that participants were at a Chopra Center retreat and meditation practice was designed by Deepak Chopra MD who did not participate in data collection or data analysis

Is that possible ?

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[The Chopra Foundation](#)



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**From:** Schadt, Eric <[REDACTED]>  
**Sent:** Monday, August 1, 2016 8:02:30 AM  
**To:** Deepak Chopra  
**Cc:** Farrell, Glenn; Rudolph Tanzi  
**Subject:** RE: press release for meditation paper

Okay, that is what I had thought, so was surprised on the feedback. We can explore more.

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**From:** Deepak Chopra [REDACTED]  
**Sent:** Monday, August 01, 2016 7:46 AM  
**To:** Schadt, Eric  
**Cc:** Farrell, Glenn; Rudolph Tanzi  
**Subject:** Re: press release for meditation paper

I'm fine with it 😊 Just as FYI the funder was CHOPRA Foundation a non profit 501 C3  
No worries  
Happy to participate in media



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[Super Genes: Unlock the Astonishing Power of Your DNA for Optimum Health and Wellbeing](#)

On Aug 1, 2016, at 7:34 AM, Schadt, Eric <[REDACTED]> wrote:

Yeah, sorry on this, I hadn't thought anything about this, but what appears to have been flagged more specifically was a quote from a funder that is from a for profit company. When I questioned they indicated that for pharma backed clinical trials they never allow those from the pharma company to make a quote in their releases. Of course I don't view this as the same, but it appears to be the for profit nature that got flagged.

Rudy, is this consistent with what Harvard would do? I think it is just the institutions wanting to be more conservative this way. I agree with Glenn though that the more important discussion of the paper will happen in media interviews, etc.

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**From:** Farrell, Glenn  
**Sent:** Monday, August 01, 2016 12:34 AM  
**To:** Deepak Chopra  
**Cc:** Schadt, Eric; Rudolph Tanzi  
**Subject:** press release for meditation paper

Hi Deepak,

I hope you had a nice weekend. I have an **update re: the press release**: I sent the latest version (attached) to the Mount Sinai Press Office, for their review. At Mount Sinai, I draft releases for our team at the Icahn Institute/Genomics Dept, but the Mt. Sinai Press Office needs to formally review, edit, and approve each press release before it goes out.

The Press Office reviewed our release, and reminded me that we have a general policy to not quote individuals or foundations who helped fund the research study, in press releases re: the research itself. Also, they strongly recommend that we only quote individuals who are authors of the research study, in the release.

So, my apologies for this change at this late stage, but would it be OK with you if I removed your quote from the release?

Please know that I believe what is most important in terms of reaching people will be the **media interviews** AND the **social media** activities we will do together.

I'm planning and hoping that you'll be an integral part of all media interviews for this research, and all social media activities (such as Twitter Chat, Facebook Live, etc).

Eric and I will refer all journalists to you, to hear your perspective on this research, and all our social media activities can be jointly done, and coordinated together.

I regard the press release as a "very conservative" (and restricted due to Sinai policies) version of our messaging, whereas with the media journalists + social media -> we have more latitude & flexibility.

Please let me know your thoughts. Once again, I'm sorry for having to propose this change in the release, and I hope it's OK with you.

Thanks,  
Glenn