

Melissa Methven Joins Health and Wellness Leaders at Biohack Yourself Media's Cannes Gathering

Registered dental hygienist and podcast host Melissa Methven recorded conversations with wellness leaders at Biohack Yourself Media's Cannes gathering.

CANNES, PROVENCE - ALPES COTE D'AZUR, FRANCE, August 20, 2026 /EINPresswire.com/ -- Registered dental hygienist and podcast host [Melissa Methven](#), RDH, traveled to the



Cannes Film Festival to podcast alongside a gathering of health and wellness leaders hosted by Biohack Yourself Media for the sHEALed documentary premiere. Her participation placed her among physicians, researchers, entrepreneurs, and media figures assembled on the French Riviera for one of the world's most watched cultural weeks.

“

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Mirit Moon

Methven recorded a series of conversations for her podcast, [Not Alone](#), sitting down with physicians, wellness experts, filmmakers, and entrepreneurs who traveled to Cannes for the sHEALed activations, including sessions recorded at Biohack Yourself Media's Global Podcast Pavilion. The discussions moved across nervous system health, trauma recovery, and the future of preventative care, the territory Methven has built her work around throughout her career in dentistry and wellness. Her

premise is simple: healing starts when the nervous system feels safe, whether that is in a dental chair or on a microphone, and the episodes are rolling out on Not Alone this month.

Her week in Cannes culminated at the sHEALed world premiere at Cineum Cannes, where she joined fellow attendees on the event's step-and-repeat ahead of a screening that reached full capacity, followed by a reception at La Plage du Martinez overlooking the Mediterranean. The

documentary features more than 50 physicians, researchers, and practitioners exploring women's health, hormonal balance, and longevity, with a global release on Amazon Prime later this year.

Methven is the author of *The Truth Behind the Smiles*, which examines the hidden pressures inside the dental profession, and *The Gut God Connection*, both available on Amazon and Audible, with *The Truth Behind the Smiles* also published in French. A certified breathwork facilitator, she has spoken for the Texas Dental Association and is the founder of the Calm Chair System, a guided-audio nervous system tool available to dental practices for \$299 a month, using breathwork, meditation, and frequency-enhanced music to help

patients and providers move from stress to calm, accessed by QR code with no app or login required. Her podcast, *Not Alone*, releases new episodes every Wednesday and focuses on biological dentistry, mental health, and recovery, with a growing catalog recorded both locally and, most recently, on location in Cannes. She continues to develop dentist wellness retreats and virtual breathwork continuing education for the dental profession.

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– MIRIT MOON, [MOON MEDIA AFFAIRS](#)

As interest in nervous system health and preventative care continues to grow, Methven remains among the voices bringing that conversation, and that microphone, to a global stage, carrying the same message from the dental chair to the podcast feed to the French Riviera.

ABOUT MELISSA METHVEN

Melissa Methven, RDH, is a registered dental hygienist, keynote speaker, certified breathwork facilitator, and the author of *The Truth Behind the Smiles* and *The Gut God Connection*. She is the founder of the Calm Chair System, a guided-audio nervous system tool for dental practices, and the host of the *Not Alone* podcast. Her work centers on nervous system health, mental



health in the dental profession, and suicide prevention. Melissa Methven is represented by Moon Media Affairs.

ABOUT MOON MEDIA AFFAIRS

Moon Media Affairs is a Florida-based public relations and media agency specializing in strategic communications, brand positioning, media relations, and reputation management. The agency represents celebrities, influencers, entrepreneurs, executives, health and wellness leaders, and other high-profile individuals and brands. With a focus on finding the story, promoting the message, and protecting the reputation, Moon Media Affairs helps clients strengthen their public presence and navigate today's fast-moving media landscape.

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