

# 2<sup>nd</sup> International Conference and Exhibition on Traditional & Alternative Medicine

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## Conquer your stress with mind/body techniques

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USA

Stress is a killer in our society; with it estimated that 60-90% of our doctor's visits are from stress related illness. But, stress isn't really the problem; it's our reaction to it. And that is in our control. Learn cutting edge techniques like mini-meditations, mindfulness practices, affirmations and visualizations to take charge of your stress for better health and wellness.

Take away the current research on placebo effect and how our words and thoughts can lower blood pressure, decrease pain, enhance immune function and improve sports and athletic performance.

Investigate what happens to our physiology in the fight or flight response and how a mini-meditation can reverse that to invoke what Dr. Herbert Benson of Harvard calls the Relaxation Response.

A treasure trove of information and techniques that you can learn yourself or seek a qualified practitioner to assist you with, Conquer your Stress gives the power back to the individual to make healthy and simple mind/body choices to enhance health and take back control. Explore techniques such as sound healing, prayer, BEST, yoga, homeopathics, herbs, reiki, EFT, autogenic training, visualization and dozens more, explained simply and thoroughly. This is the perfect introduction to a multitude of varied and useful techniques.

Self-care is often overlooked with many people turning blindly to drugs and surgery. Certainly needed modalities, they can be enriched with stress-reduction, relaxation and programming the brain with mind/body therapies.

### Biography

Kathy Gruver is an award-winning author and the host of the national TV show based on her first book, *The Alternative Medicine Cabinet*, (Winner Beverly Hills Book Awards). She has earned her PhD in Natural Health and has authored two books on stress: *Body/Mind Therapies for the Bodyworker* and *Conquer Your Stress with Mind/Body Techniques* (Finalist for the USA Best Books Award). She has studied mind/body medicine at the famed Benson-Henry Institute for Mind-Body Medicine at Harvard. Gruver has been featured as an expert in numerous publications including *Glamour*, *Prevention*, *Men's Health* and *Ladies Home Journal*. A guest expert on over 200 radio and TV shows including NPR, SkyNews London, CBS Radio, and Lifetime Television, she has done scores of educational lectures around the world.