

NASHVILLE INTEGRATED MEDICINE



Keynote Topics

Keeping Well During the Winter

- Best foods and nutrition for staying healthy and resistant to viruses
- Helpful supplements for enhancing your immune system
- Tips for sleep and stress reduction

Stress! What to do? What to do?

- Tools for working with your mental and emotional stress
- Ways to feel better quickly
- How to focus on your body to help clear stress

Hot New Topics in Holistic/Integrative Medicine

- Vitamin D – why it's so important and how much you need
- Adrenal Fatigue – what does it really mean?
- Inflammation – the real Disease

Good Grief! Which Diet???

- why there are so many diet variations
- how to find what's right for *you*
- how to feel better now, not just later

Finding Our Joy In Life

- the keys to real wellness and health
- roles of nutrition, movement, healthy sleep
- How to reduce tension and increase energy

Healthy Emotional Living

- how to find more safety in our lives and relationships
- how to listen to our body's wisdom regarding stress
- tools for a more centered, peaceful life

How Our Life Changes Our Genes

- The startling new information on our changing genes – “epigenetics”
- How our nutrition, exercise, sleep and stress turn genes on and off
- How these factors help prevent cancer, heart disease, Alzheimer's

How We're All Connected and Why It Makes a Difference

- The exciting new findings in quantum science that change our worldview
- The interconnected web of existence and how it affects us every day
- Why “psychic ability”, clairvoyance, “gut sense” and intuition are normal

“De-toxing”

- What does it really mean?

- How does the body clean out and “detoxify”?
- How to detoxify without a boatload of expensive supplements

Heart-Centered vs. Head-Centered: Finding the Right Kind of Therapy

- The key ingredients in therapy that produce results
- What real safety looks and feels like
- Different types of therapy, why and how they work

Integrating Psychology and Spirituality

- How these two worlds tap into the same life journey
- How healthy psychology enhances spirituality and healthy spirituality enhances psychological health
- How the Body plays the essential role in both

Spirituality and Illness: Guilt, Responsibility and Mystery

- Do we really cause our own diseases?
- What are the roles of our emotional and mental states on health and well-being?
- How do we take responsibility and let go of guilt at the same time?

Common Ways of Self-Sabotage

- how never feeling “enough” drains our lives
- How hopelessness issues sabotage getting better
- How to move from powerlessness to centered strength

For Business World:

Health In The Workplace

- how to increase your bottom line by focusing on the health of your employees
- the critical role of “presenteeism” – the effect of being sick at work
- how to promote the optimal functioning of your workforce