

Physicians' 30 Hour CME Conference on Meditation and Yoga to Include Food as Medicine by Nutritionist Kathie Swift

Integrative nutritionist [Kathie Swift, MS, RDN, LDN](#) will join the faculty of [The American Meditation Institute \(AMI\)](#) for a 30 credit hour mind/body medicine CME conference on meditation, yoga and breathing for physicians and other health care professionals, November 5-9, 2014 at the Cranwell Resort and Spa in Lenox, Massachusetts. Entitled "The Heart and Science of Yoga," this comprehensive physician training, including Dr. Swift's lecture on "Food as Medicine," is accredited through the [Albany Medical College Office of Continuing Medical Education](#).

Averill Park, NY ([PRWEB](#)) August 26, 2014 -- Integrative nutritionist Kathie Swift, MD will join the faculty of The American Meditation Institute (AMI) for a 30 credit hour mind/body medicine CME conference on meditation, yoga and breathing for physicians and other health care professionals, November 5-9, 2014 at the Cranwell Resort and Spa in Lenox, Massachusetts. Entitled "The Heart and Science of Yoga," this comprehensive physician training, including Dr. Swift's lecture on "Food as Medicine," is accredited through the Albany Medical College Office of Continuing Medical Education.

Kathie Swift is a leading educator and practitioner in the field of integrative nutrition who has served as a Nutrition Director in pioneering a functional medicine program at Canyon Ranch. She is also a Licensed Registered Dietitian, and a founding member of the Institute for Functional Medicine Nutrition Advisory Board. Ms. Swift is the co-author of "The Inside Tract: Your Good Gut Guide to Great Digestive Health" and serves as chief nutrition advisor for [myfoodhealth.com](#).

Inspired by Hippocrates, the father of Western medicine, Kathie Swift will present a lecture entitled, "Food as Medicine" at AMI's five-day mind/body medicine conference. Her presentation will address whether the standard American diet is "the safest and most powerful form of medicine," or is it "the slowest form of poison." With 30 years of clinical experience working with clients in many different settings including military bases, yoga centers and elite medical spas, Swift will discuss therapeutic power of food, mindful yogic eating and nutritional medicine for transformational healing. According to Ms. Swift, "Eating with one-pointed attention, as taught through Yoga Science, can help digestion, enhance nutrient assimilation and facilitate elimination."

At this upcoming 30 hour CME conference physicians and other health care providers will receive a quality, comprehensive and evidence-based education covering a broad spectrum of Yoga Science as mind/body medicine. Topics will include meditation, diaphragmatic breathing, mantra science, Yoga psychology, mind function optimization, nutrition, functional medicine, epigenomics, ayurveda, easy-gentle yoga, lymph system detoxification, and the chakra system as a diagnostic tool.

The devotion, enthusiasm, and teaching methodology of the entire AMI faculty will combine to create a dynamic and interactive course for their students. Each faculty member is committed to the advancement and training of Yoga Science as holistic mind/body medicine. In addition to Kathie Swift, presenters will include faculty director Leonard Perlmutter, AMI founder, meditational therapist and award-winning author; Mark Pettus MD, board-certified internist and nephrologist; Susan Lord MD, lecturer and holistic health consultant for Kripalu Center for Yoga and Health; Beth Netter MD MT, Chief of Integrative and Holistic Medicine, at St.



Peter's Hospital, Albany, NY; Rosy Mann BAMS, senior faculty member of Kripalu School of Ayurveda with experience of clinical Ayurveda for over 15 years; and world-renowned artist Jenness Cortez Perlmutter, co-founder and faculty member of The American Meditation Institute.

The National Institutes of Health report that approximately 38% of adults in the United States aged 18 and over, and nearly 12% of U.S. children 17 years and under use some form of complementary and alternative medicine. Significant among these therapies are meditation, yoga and deep breathing exercises—all of which are offered in this year's "Heart and Science of Yoga" CME conference. According to AMI founder Leonard Perlmutter, "The more consistently the therapeutic practices of meditation and yoga are incorporated into the daily lives of physicians and patients, most symptoms of stress related burnout and chronic complex diseases can be diminished or eliminated.

This sentiment is echoed by recent conference graduate, Joel M. Kremer, MD, who is Board Certified in Internal Medicine and Rheumatology in Albany, New York, "This teaching has been an enormous benefit in my personal and professional life," Kremer states. "I have less stress, more focus, and am able to serve my patients with greater clarity. It becomes surprisingly easy now to recognize the many clinical situations in which patients with somatic manifestations of 'dis-ease' could greatly benefit from Yoga Science."

In addition to Dr. Kremer, numerous medical pioneers and healthcare professionals such as [Mehmet Oz MD](#), Dean Ornish MD and Bernie Siegel MD have also endorsed the core curriculum for this conference. Previous [conference attendees](#) have also noted that the material presented at this conference has made a beneficial impact toward their personal and professional efforts at self-care.

About the American Meditation Institute

The American Meditation Institute is a 501(c)3 non-profit educational organization devoted to the teaching and practice of Yoga Science, meditation and its allied disciplines as mind/body medicine. In its holistic approach to wellness, AMI combines the healing arts of the East with the practicality of modern Western science. The American Meditation Institute offers a wide variety of classes, retreats, and teacher training programs. AMI also publishes "[Transformation](#)," a bi-monthly journal of meditation as holistic mind/body medicine. Call 800.234.5115 for a mail or email subscription.

Media Contact:

Mary Helen Holloway
60 Garner Road, Averill Park, NY 12018
Tel: 800-234-5115
Fax: 518-674-8714



Contact Information

Mary Helen Holloway

American Meditation Institute

<http://www.americanmeditation.org>

+1 (518) 674-8714

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