

Holistic Physician Susan Lord, MD Joins American Meditation Institute Faculty for 7th Annual Physicians' CME Conference on Meditation and Yoga as Mind/Body Medicine

Holistic physician Susan Lord, MD will join the faculty of The [American Meditation Institute \(AMI\)](#) for its 7th annual 30 credit hour mind/body medicine CME conference on meditation, yoga and breathing for physicians and other health care professionals, November 3-7, 2015 at the Cranwell Resort and Spa in Lenox, Massachusetts. Entitled [American Meditation: The Heart and Science of Yoga](#) this comprehensive physician training is accredited through the [Albany Medical College Office of Continuing Medical Education](#).

AVERILL PARK, NY ([PRWEB](#)) June 09, 2015 -- Holistic physician Susan Lord will join the faculty of The American Meditation Institute (AMI) for its 7th annual 30 credit hour mind/body medicine CME conference on meditation, yoga and breathing for physicians and other health care professionals, November 3-7, 2015 at the Cranwell Resort and Spa in Lenox, Massachusetts. Entitled "American Meditation: The Heart and Science of Yoga," this comprehensive physician training is accredited through the Albany Medical College Office of Continuing Medical Education.

Now in its seventh year of providing physicians continuing medical education credits, AMI's comprehensive training in holistic mind/body medicine conference will present an in-depth study of the historical, philosophical and scientific nature of Yoga Science as taught in both the East and West. Practical yogic skills that can relieve stress and burnout and positively enhance the ability to make health-affirming lifestyle choices will be taught to attendees. In turn, conference participants will learn to teach these same skills to their patients.

Presenter Susan Lord graduated from Case Western Reserve University School of Medicine and is in private practice in Great Barrington, MA focusing on prevention and treatment through mindful living and lifestyle changes. She served as Course Director for the Food as Medicine program at the Center for Mind/Body Medicine from 1996-2007, and was the Course Director for the Center's "Food as Medicine" program.

During her CME presentation entitled, "East Meets West," Dr. Lord will explain how the interrelated nature of Yoga Science and Western medicine can enhance an understanding of how the body works, why illness occurs, and what the body needs to reestablish optimal function. According to Dr. Lord: "Yoga Science teaches us how to heal the physical, mental and emotional imbalances in the mind/body/sense complex. Living life in harmony with the basic principles of practices such as meditation, gentle yoga exercises, diaphragmatic breathing and a healthy diet, individuals can experience a reduction in chronic stress—one of the major contributory factors in the development of most chronic illness. The practice of meditation and its allied disciplines optimizes physiologic function from the cellular level on up, building health and resilience."

As part of AMI's "Yoga of Medicine" program, this 30 CME conference is dedicated to providing quality, comprehensive and evidence-based education to physicians and other health care providers. AMI's CME conference will offer a broad curriculum of Yoga Science as mind/body medicine to enhance the health and wellbeing of healthcare providers and, in turn, their patients. Additional topics will include meditation, diaphragmatic breathing, mantra science, Yogic and chakra psychology, mind function optimization, nutrition, healthcare burnout, functional medicine, epigenomics, Ayurveda, easy-gentle yoga and lymph system detoxification.

The dedication, enthusiasm, and teaching methodology of the entire AMI faculty 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 Dr. Lord, other presenters will be faculty director, Leonard Perlmutter, founder of AMI, meditational therapist and award-winning author; Mark Pettus, MD, board-certified internist and nephrologist currently serving as Director of Medical Education and Population Health at Berkshire Health Systems; Beth Netter MD MT, holistic physician and acupuncturist in Albany, NY and chair of the AMI Medical Education Department; Prashant Kausik, MD, board-certified rheumatologist and interim Rheumatology Program Director at Albany Medical College and the VA Stratton Hospital, Albany, NY; Anthony Santilli MD, board-certified in pulmonology and critical care practicing in Schenectady and Amsterdam, NY; Kathie Swift MS RDN LDN, a leading educator and practitioner in the field of integrative nutrition; Rosy Mann BAMS, senior faculty member of Kripalu School of Ayurveda with over 15 years experience of clinical Ayurveda; and Jenness Cortez Perlmutter, co-founder of AMI and internationally known artist whose mediation practice has enhanced her remarkable detailed artistry.

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 deep breathing exercises, meditation and yoga—all of which are offered in “The Heart and Science of Yoga” CME course.

According to AMI founder Leonard Perlmutter, “The more consistently the therapeutic practices of meditation and yoga are incorporated into daily lives of physicians and patients, most symptoms of stress related burnout and chronic complex diseases can be diminished or eliminated.” Joel M. Kremer, MD, who is Board Certified in Internal Medicine and Rheumatology in Albany, New York and a recent AMI conference participant, is in full agreement. “This teaching has been an enormous benefit in my personal and professional life. 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 AMI’s core curriculum. Previous [conference attendees](#) have also noted that the material presented has made a beneficial impact toward their personal and professional efforts at self-care.

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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.

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