

Susan Lord MD: Food as Medicine Can Relieve and Prevent Physician Burnout

Holistic physician Susan Lord, MD will join the faculty of [The American Meditation Institute \(AMI\)](#) for its 9th annual 30 credit hour mind/body medicine CME conference on meditation, yoga and diaphragmatic breathing for physicians and other health care professionals, October 24-28, 2017 at the Cranwell Resort and Spa in Lenox, Massachusetts. Entitled [The Heart and Science of Yoga](#) this comprehensive training, accredited through the [Albany Medical College Office of Continuing Medical Education](#), is designed to help prevent and relieve physician stress and burnout.

AVERILL PARK, NY ([PRWEB](#)) May 30, 2017 -- Holistic physician Susan Lord MD will join the faculty of The American Meditation Institute (AMI) for its 9th annual 30 credit hour mind/body medicine CME conference on meditation, yoga and diaphragmatic breathing for physicians and other health care professionals, October 24-28, 2017 at the Cranwell Resort and Spa in Lenox, Massachusetts. Entitled “The Heart and Science of Yoga,” this comprehensive training, accredited through the Albany Medical College Office of Continuing Medical Education, is designed to help prevent and relieve physician stress and burnout.

Dr. 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. From 1996-2007, she served as Course Director for the “Food as Medicine” program at the Center for Mind/Body Medicine in Washington, DC.

At this year’s conference, Dr. Lord will present two CME lectures entitled “East Meets West” and “Food as Medicine.” In both talks Dr. Lord will explain how Yoga Science can help physicians understand 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. The practice of AMI Meditation and its allied disciplines optimize physiologic function from the cellular level on up, building health and resilience. As Hippocrates taught us long ago, food is medicine. For most people, when they choose what to eat, they choose their state of health.”

This entire 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 AMI Meditation, diaphragmatic breathing, mantra science, Yoga psychology, the chakra system as a diagnostic tool, Neuroplasticity, Trauma and PTSD, mind function optimization, food as medicine, 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 attending physicians and other healthcare professionals. Each faculty member at this year’s CME conference is committed to the advancement and training of Yoga Science as holistic mind/body medicine. In addition to Dr. Lord’s lecture, presenters include program director [Leonard Perlmutter](#), AMI founder, meditational therapist and award-winning author; Mark Pettus MD, Director of Medical Education and Population Health at Berkshire Health Systems; Anthony Santilli MD, board-certified in Pulmonary and

Critical Care Medicine; Prashant Kaushik MD, board-certified Rheumatologist; Sara Lazar PhD, instructor in the Department of Psychiatry at Harvard Medical School, and an Associate Researcher in the Psychiatry Department at Massachusetts General Hospital; Jesse Ritvo MD, Assistant Medical Director, Inpatient Psychiatry, University of Vermont Health Center; Beth Netter MD MT, holistic physician and acupuncturist, Albany, NY; Jyothi Bhatt BAMS, Ayurvedic practitioner and faculty member of Kripalu School of Ayurveda and Physician's Assistant at New York Presbyterian/Weill Cornell Medical Center; and Jenness Cortez Perlmutter, faculty member of The American Meditation Institute.

According to AMI founder and program director Leonard Perlmutter, "The more consistently the therapeutic practices of AMI Meditation and its allied disciplines 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 Dean Ornish MD, [Mehmet Oz MD](#), Larry Dossey 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.

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 (518) 674-8714 for a mail or email subscription.

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