

2nd International Conference and Expo on

Holistic Medicine and Nursing

August 14-15, 2017 Toronto, Canada



Kathy Gruver

Motivational Health Speaker, TEDx Speaker, USA

The power of mind/body medicine in your life and your practice

The roll of stress is vast in dealing with a holistic medicine and nursing practice. Stress decreases our memory, cognitive function, decision making and causing us to react rather than respond. By this presentation audience can learn some of the warning signs of stress, what it does to our bodies and minds and how it blocks communication. Learn about the power of presence and how staying in this present moment is key for enhancing health, happiness, your business outcomes and life in general.

Biography

Kathy Gruver is a Motivational Health Speaker and hosts the national TV show based on her first book, *The Alternative Medicine Cabinet*. She has completed her PhD in Natural Health and has authored five award-winning books including, *Conquer Your Stress* and *Journey of Healing*. She has studied mind/body medicine at the famed Benson-Henry Institute for Mind-Body Medicine at Harvard and she has been featured as an expert in numerous publications including Glamour, Fitness, Time, WebMD, Prevention, Huffington Post and Dr. Oz's The Good Life and appeared as a guest expert on over 250 radio and TV shows. She has facilitated over 200 educational lectures around the world. In 2015, she had the privilege of creating a stress reduction program for the US Military.

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