

2<sup>nd</sup> International Conference and Expo on

# Holistic Medicine and Nursing

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## Kathy Gruver

Motivational Health Speaker, TEDx Speaker, USA

### Five keys to stress reduction

It is estimated that stress is responsible for 60-90% of Doctor's visits and one million workers miss work each day. According to the American Institute of Stress, companies are costing \$602 per employee per year because of stress. It is imperative that we recognize that stress is not the problem; it's our reaction to our stress and we can learn to control that with simple mind/body practices. Acquire cutting edge self-care techniques, affirmations, visualization, mindfulness techniques and mini-meditations that you and your staff can do on their own for better health. I will share my decades of experience and you will walk away inspired to make positive changes in your life and your practice.

### 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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