

TRANSFORMATION, LEADERSHIP & SPIRITUALITY IN MEDICINE EVENT 2.0 !

BACKGROUND & OBJECTIVES

A tremendous shift in global consciousness is occurring, as individuals all over the world are seeking to transform themselves, individually and collectively, by improving their overall well-being and seeking a higher purpose in their lives. New healing modalities are emerging to combine contemporary Western and ancient Eastern medical models.

The model of “Transformation, Leadership and Spirituality in Medicine” is unique as it allows the simultaneous exploration of multiple streams of contemporary thought. Come hear from a dynamic and distinguished group of health leaders, innovators, healers, and spiritual leaders.

THEMES

- Transformation & mindfulness – for individuals and for corporations / organizations
- The "new" quantum physics of medicine
- Addressing "Burnout" in individuals
- Caring for the Caregivers
- Support for the dying patient and family members
- Relevance of spiritual practices in medicine and clinical care

TIME & VENUE

10 AM to 3 PM

The Edison Hotel & Conference Center

3050 Woodbridge Ave, Edison, NJ 08837

Tel: 732-661-1000

<http://www.edisonhotelcp.com>

KEYNOTE SPEAKER

His Holiness Radhanath Swami

<http://www.radhanathswami.com>

HH Radhanath Swami is an internationally renowned spiritual guide, community builder, and the author of "The Journey Home: Autobiography of an American Swami". Numerous medical projects have been developed under his guidance in Mumbai, India, based on the principle of Spirituality and Healing in Medicine. He also directs numerous acclaimed social action projects, including eco-friendly farms, schools and ashrams, an orphanage, and emergency relief programs throughout India. He has recently met with President Obama, and spoken at the House of Lords in Parliament, HSBC headquarters, and the Milken Institute Global Conference.

ESTEEMED SPEAKERS (in alphabetical order):

John Cosby, D.O.

**Ayurvedic & Family Medicine,
Based in Florida and NY**

John Cosby is a Family Physician, a graduate of the Michigan State University medical school, with over 18 years clinical experience. He began studying Ayurveda in 1989, and has established two integrative medicine clinics in both NY and Florida. He has studied Ayurveda extensively under the tutelage of Dr. Vasant Lad, and has completed extensive, advanced coursework in India. He is currently based in Miami, Florida, where he continues to integrate Eastern and Western medicine, through his lectures, consults, and applications of panchakarma. He is also currently working on his new book, "Yoga and Ayurveda".

Joel M. Evans, M.D.

**Senior Faculty, Institute for Functional Medicine
Senior Faculty, Center for Mind/Body Medicine**

<http://thecwh.com/>

Joel M. Evans, M.D., a board certified OB/GYN, is the Founder and Director of The Center for Women's Health, where he practices Integrative Gynecology. Dr. Evans was honored to speak at the United Nations in March 2013, and he now serves as UN Representative and Chief Medical Advisor for OMAEP – World Organization of Prenatal Education Associations. He is a Founding Diplomate of the American Board of Holistic Medicine and is recognized as the first physician in Connecticut to be Board Certified in both Holistic Medicine and Obstetrics and Gynecology. Dr. Evans serves as a peer reviewer for the journals *Alternative Therapies in Health and Medicine* and *Global Advances in Health and Medicine* and served on the editorial advisory board of Bottom Line/Women's Health for its entire publication run. He is a member of the senior faculty of two of the most recognized and prestigious teaching institutions in integrative medicine: The Center for Mind/Body Medicine and the Institute for Functional Medicine. Having pursued studies in spirituality, metaphysics, and personal transformation for many years, Dr. Evans has recently created a core curriculum designed to share ancient spiritual wisdom with others in order to help bring health and happiness into their lives.

Denise Forster, L.Ac., C.N.S., C.D.N.

Acupuncturist & Clinical Nutritionist

Denise trained at New York College and New York Chiropractic College. She is a licensed acupuncturist with board certification in acupuncture, Chinese herbology and clinical nutrition with fifteen years of clinical experience. She interned at Guangzhou University Hospital in China and is a Diplomate in Oriental Medicine. Denise has co-authored a cookbook "Every Meal has a Purpose" and hosts monthly lectures to encourage awareness and recognition of the importance of taking responsibility in maintaining health. Denise is in private practice in Great Neck, N.Y. and works with an integrative approach to healthcare.

Dr. Glenn B. Gero, N.D., D.Sc., M.Sc., R.H. (AHG), M.E.S., C.L.C.

Board-certified Naturopathic Doctor

www.holisticnaturopath.com

Dr. Glenn Gero is a board-certified naturopathic doctor with a doctorate in nutrition and a master's degree in botanical medicine. He has over 20 certifications in various disciplines of lifestyle and natural

medicine, including those in medical and corrective exercise, biofeedback, lifestyle consulting and stress management. Dr. Gero is a member of the post-graduate association of Harvard Medical School and the Henry-Benson Institute of Mind-Body Medicine.

**Dr. Michelle Klein, D.C., C.N.S.
Chiropractor & Clinical Nutritionist**

Dr. Klein graduated from New York Chiropractic College (NYCC) with her Doctorate in Chiropractic in 2005 and her Masters in Applied Clinical Nutrition 2008. As a Chiropractor and Board Certified Nutrition Specialist, Dr. Klein specializes in pediatrics and children with allergies and asthma. She uses a gentle, holistic approach that allows children to regain optimal health. Dr. Klein also works with adults who gravitate to her for the gentle, thorough, wellness-oriented approach that she uses.

**Sneha Mali, RN, BSN
The Wiener Family Palliative Care Unit,
Mt. Sinai Hospital, New York, NY**

<http://www.mountsinai.org/patient-care/service-areas/palliative-care/hospital-palliative-care-services/wiener-family-palliative-care-unit>

Sneha Mali has lived most of her life in the U.S. but is proud to have her natal roots in India. A graduate of Rutgers University, she has gained diverse experience at Mt. Sinai working with critical patients on the CCU and has found her heart's passion in palliative care. She is happily able to deliver holistic care using yoga, meditation, aromatherapy and talk therapy at the Wiener Family Palliative Care Unit. Since the past seven years, she has extensively volunteered with many Share Your Care Foundation projects, including the Bhaktivedanta Hospital in Mumbai, Barsana Eye Cataract Surgery Camp, and Vrindaban Hospice. She plans to attend graduate school and has completed further palliative care training with St. Christopher's Hospice in UK, drawing inspiration from Cicely Saunders.

**Donald Parker
President & CEO,
Carrier Clinic, Belle Mead, NJ**

www.carrierclinic.org

Mr. Parker has had a long career in Health Care and Non Profit Management, commencing as a licensed Clinical Social Worker in 1978. He was appointed the President/CEO of Atlantic Mental Health in 1986. In 1992, he merged A.M.H. into the AtlantiCare Health System, becoming President of AtlantiCare Health Services in 2003 and developed and provided leadership to over twenty ambulatory businesses with forty-two locations. Don's capstone accomplishment at AtlantiCare was his participation on the Leadership Team of the Health System, as it earned and was awarded the Malcolm Baldrige Award, a Presidential recognition for quality and achievement. Don has also served as the Vice President for Physician Services and Ambulatory Care at St. Joseph's Health System and has been the Chief Operating Officer and a Partner for a Health Care Consulting firm, Carlisle and Associates. Presently, Don is serving as President and CEO of Carrier Clinic, the largest private, not-for-profit behavioral healthcare facility in New Jersey. He has also been an active leader in many civic and volunteer organizations, as well as enjoying time with his wife and family.

Professor Marehalli G. Prasad, Ph.D.
Specialization in Acoustics,
Stevens Institute of Technology, Hoboken, NJ

<http://personal.stevens.edu/~mprasad/personal.html>

Dr. M.G. Prasad is a Professor of Mechanical Engineering, a Fellow of the American Society of Mechanical Engineers, and a Fellow of the Acoustical Societies of America and India. He is a member of the advisory board of both the Office of Religious Life at Princeton University, NJ, as well as the Educator's Society for Heritage of India, NJ. He was the chairperson of the education committee and a former trustee of the Hindu Temple and Cultural Society, Bridgewater, NJ. In 1995 he was the coordinator of the Hindu group at the Inter-Faith prayer during the 50th anniversary celebrations of the United Nations in NY. A scholar on Hinduism, having written four books, lectured extensively at numerous renowned universities, and presented several papers on Hinduism and Acoustics at the Acoustical Society of America meetings. Dr. Prasad is a spiritual disciple of yogi-seer Sriranga Sadguru, Ashtanga Yoga Vijnana Mandiram, Mysore, India. He has received many research and cultural awards including, "Distinguished Community Award" by the Association of Indians in America, New York Chapter in 2008, "Vishwa Hindu Ratna" from the Forum for Hindu Awakening, Virginia in 2009 and "Bharat Gaurav Award" by the India International Friendship Society, New Delhi, India in 2010.

Denise Straiges CCH, RSHom(NA)
Homeopath
Director and Head of Clinical Affairs,
Centre for Homeopathic Education NYC

Denise Straiges CCH, RSHom(NA) is the Director and Head of Clinical Affairs at the Centre for Homeopathic Education NYC, www.CHEhomeopathy.com a subsidiary of CHE London, the largest homeopathic college in the UK, and in partnership with Middlesex University. She is a homeopathic practitioner, a health-supportive chef, international lecturer, writer and motivational speaker. Recognizing the impact of lifestyle choices on overall health and well-being, she developed an integrative practice model, "well4good," <http://www.lifestylerevolution.typepad.com/> that utilizes a multi-levelled approach centered on Classical Homeopathy, with food, movement, meditation and purposeful life pursuits to support the transformation and healing. Denise is certified nationally in Classical Homeopathy and expands her understanding of the mind/body/spirit connections through her studies in movement (yoga, dance, martial arts), meditation (having deep roots in yogic philosophy and Buddhism) and food (she completed the professional chef's training program at The Natural Gourmet Institute in NYC, as well as "Food as Medicine" with the Center for Mind Body Medicine. She founded Alive Kitchen, a business model for health supportive and allergy safe cuisine). Denise works with individuals, groups and organizations to motivate positive change with practical, accessible and successful solutions.

Dr. Steven Zodkoy
Integrative Medicine
& Author, "Misdiagnosed: The Adrenal Link"
www.TheAdrenalFatigueLink.com

Dr. Steven Zodkoy is a chiropractor, nutritionist, applied kinesiologist, lecturer and author. He has spent the last 25 years promoting his profession and belief that natural health care is the key to longevity and quality of life. He has spent the last few years developing and proven a technique to treat anxiety, burnout, depression and PTSD, which is now being utilized to treat veterans on a large scale. His new book, Misdiagnosed: The Adrenal Link is a best seller on Amazon and is a patient friendly guideline on how to combat many of today's health issues.

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