

Can Your Attitude Affect Your Health?

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Stress course with Kamini Desai, Ph.D. addresses the mental attitudes that cause disease.

According to Ms. Desai, "Emotions have been shown to have a major impact on physical health. Positive emotions help people deal with stress, while negative emotions weaken the body –even manifesting as intense physical pain or depression. Our attitudes towards life have been shown to hasten such physical problems as thyroid disease, arthritis and gastrointestinal issues, just to name a few."

What's more, study shows that psychological interventions are superior to standard treatments for the entire range of pain-related outcomes. In fact, psychological techniques had the greatest and most consistent effect on reduction in pain intensity.

Researchers evaluated 22 trials of patients with low back pain that had persisted for three months or more. Psychological interventions, including biofeedback, relaxation, hypnosis and behavioral techniques were reviewed, along with 12 pain-related outcomes such as pain intensity, depression, disability and pain interference.

Ms. Desai combines the best of these techniques in what she calls Integrative Relaxation. She uses a series of easy-to-practice mindfulness techniques that effortlessly induce a state of profound physical, mental and emotional relaxation. Kamini says that "practitioners can easily and effectively address the root cause of stress, health issues and self-sabotaging behavior patterns regardless of fitness level or physical capability."

Studies show that the components of Integrative Relaxation practices heighten tolerance to stress, reduce risk of stress-related health concerns such as heart disease, chronic head, neck and back pain, digestive disorders, insomnia and more, reduce high blood pressure, increase resistance to disease and increase motor skill and reaction time.

Not only is this kind of approach cost-effective, it (treatment-related costs for back pain in the United States range from \$20 billion to \$80 billion a year), but they also don't carry the potential side effects that many pain medications do.

Ms. Desai will be enlightening participants in the common ways individuals create more stress than is necessary. She shows how to make simple changes in mental attitudes can bring big payoffs in wellbeing, happiness and health. She will also be introducing simple yoga stretches and breathing techniques that are known to re-balance over-stressed bodies, resolve negative emotions, help manage pain and re-set new mental habits that support a balanced life.

For the last twenty years Ms. Desai has been leading seminars throughout the United States and Europe combining cutting edge attitudes to health and wellbeing with conventional understanding. Some of her well-known corporate clients have included: Sony Europe, the Department of Defense of the Netherlands, and Mars Candy Company.

Sources: Science Daily December 22, 2006; Archives of Internal Medicine, Vol 166, No. 19, October 23, 2006: 2109-2116