

NEWSLTR



The Workplace Wellness Conference and Exhibition

IN THIS ISSUE

2023 Wellness Conference
Successfully Concludes

A pandemic retrospective

What is wellness of the
“mind”?

What is wellness of the “mind”?

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The 2023 Workplace Wellness Conference and Exhibition Successfully Concludes.

Thank you to all the sponsors, speakers, and attendees who made the 2023 Workplace Wellness Conference a success! It was a warm and welcoming event with people worldwide in attendance. Individuals from India, Europe, and South Korea traveled many miles to participate in a fantastic show. The speakers were all groomed presenters, experts in their field, delivering incredible information that everyone absorbed. Our keynote speaker Zach Bush MD gave a heartwarming and tearful presentation about the chronic inflammatory epidemic affecting so many people worldwide.

Elle Macpherson had so much to share about her journey to wellness, and she offered essential advice for those beginning their journey.

Every exhibitor showcased their products in the same conference hall as the attendees maximizing their visibility and making them an integral part of the Conference.

We are grateful for the volunteers who gave their time to help us, Kelly, Karen, Pattie, and Candace.

Registration for the 2024 Workplace Wellness Conference and Exhibition is now open. Please take advantage of our early bird special; it won't last long.

[REGISTER](#)

The 2024 Wellness Conference

April 19 & 20, 2024

Hilton Atlanta/Marietta Hotel &
Conference Center

Changing the Narrative: A pandemic retrospective and vision for a new humanity

We have unleashed a tsunami of crisis that will continue to hit shore in the coming months, washing across the global society in the years ahead.

The pandemic has continued to take its natural course into the narrative of human history this year. Collectively, we must come to terms with the evidence of widespread harm we have engineered in humanity and our planet through the bureaucratic “public health” interventions that have accelerated economic, agronomic, and biologic collapse around the world.

In the first year of the pandemic, we were told 400,000 people died of Covid-19 related fatalities in the United States. In the second year, despite vaccination levels getting to 60%+ throughout the country, we saw another 400,000 deaths attributed to the virus.

Across all ages, there was no change in mortality rate during the pandemic compared to 2017-2019, but with widespread lockdowns, vaccine mandates and beyond, we see a steep increase in non-Covid death claims among younger adults in the US. We’ve even seen steep increases in death claims in the life insurance industry during Q3 and Q4 of 2021 – the largest increase in insurance history.



As vaccination levels peaked in the third quarter in the US, we saw a concurrent 40% increase in death in previously healthy individuals. These death claims were not related to Covid-19 on death certificates. Instead, we see stroke, heart attack, cardiac arrhythmias, blood clots, and neurologic events predominated in this increase. The scale of this unprecedented increase in death in these young demographics is four times greater than the 200-year crisis levels anticipated by insurance actuarial tables.

Zach Bush, MD
zachbushmd.com

What is wellness of the mind?

Mind wellness is more than mental health. It is positivity, it is attitude, and it is acknowledging that each of your five senses contributes to wellness. Creativity is also an important element to mind wellness, and it exists in everyone.

"the brain and peripheral nervous system, the endocrine and immune systems, and indeed, all the organs of our body and all the emotional responses we have, share a common chemical language and are constantly communicating with one another."
Dr. James Gordon (founder of the Center for Mind-Body Medicine)

What exactly is meant by the word "mind?"

It's important to note that "mind" is not synonymous with brain. Instead, in our definition, the mind consists of mental states such as thoughts, emotions, beliefs, attitudes, and images. The brain is the hardware that allows us to experience these mental states.

Mental states can be fully conscious or unconscious. We can have emotional reactions to situations without being aware of why we are reacting. Each mental state has a physiology associated with it—a positive or negative effect felt in the physical body. For example, the mental state of anxiety causes you to produce stress hormones.

Many mind-body therapies focus on becoming more conscious of mental states and using this increased awareness to guide our mental states in a better, less destructive direction.

What is the history of mind-body connection?

Awareness of the mind-body connection is by no means new. Until approximately 300 years ago, virtually every system of medicine throughout the world treated the mind and body as a whole. But during the 17th century, the Western world started to see the mind and body as two distinct entities. In this view, the body was kind of like a machine, complete with replaceable, independent parts, with no connection whatsoever to the mind.

This Western viewpoint had definite benefits, acting as the foundation for advances in surgery, trauma care, pharmaceuticals, and other areas of allopathic medicine. However, it also greatly reduced scientific inquiry into humans' emotional and spiritual life, and downplayed their innate ability to heal.

In the 20th century, this view gradually started to change. Researchers began to study the mind-body connection and scientifically demonstrate complex links between the body and mind. Integrative psychiatrist James Lake, MD, of Stanford University, writes that "extensive research has confirmed the medical and mental benefits of meditation, mindfulness training, yoga, and other mind-body practices."

Expert Contributor: **Patricia Hart, MD**
Reviewed by: **Sue Towey, RN, CNS, MS, LP**

<https://csh.umn.edu/>

Explore your wellbeing
Are you able to put the bad days in perspective and live with a sense of purpose? If you answered yes, then you are experiencing wellbeing, a state of general contentment with life and the way things are.

Taking Charge of Your Health and Wellbeing

is a tool that provides information about enhancing wellbeing, exploring complementary and integrative healing practices, and navigating the healthcare system.



