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HEALTH & WELLNESS



Occupy Health: *What's Real and what is not* with **Susan Downs, MD**

Occupy Health
Friday at 11 AM Pacific
December 15th 2017: Hypnosis and Health

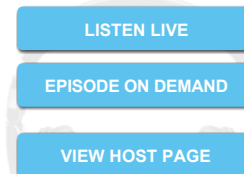
Hypnosis creates a state of aroused attentive concentration with a relative constriction of peripheral awareness. With controlled thinking suspended, hypnosis is to consciousness as what looking through a telephoto lens is to a camera. It is an effective method for managing pain, and treating anxiety and stress-related disorders. Past studies have shown that people hypnotized before operative care have a shorter procedure time and a significant reduction in intraprocedural complications, such as hypoxemia and vomiting. The mind and body are intimately connected. With suggestions to cha

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Featured Guest



David Spiegel, M.D.

Dr. David Spiegel is Willson Professor and Associate Chair of Psychiatry & Behavioral Sciences, Director of the Center on Stress and Health, and Medical Director of the Center for Integrative Medicine at Stanford University School of Medicine. He was Chair of the Faculty Senate from 2010-2011.

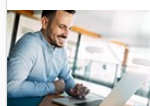
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