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| |  | | --- | |  | | **Mind Body Balance:**  **It’s the New Healthy** | | **An 8-week course**  **to reboot for health**  **To reboot for optimal health**  **Taught by Dr. Susan Payrovi**  **Stanford Center for Integrative**  Taught health | | **Taught by Susan Payrovi, M.D.**  **Center for Integrative Medicine**  **Stanford** | |  | |  |  | |  |  | | --- | --- | | Whether you are in good health or dealing with chronic health issues, this course will teach you what it takes to achieve optimal health from the inside out. Lasting change comes from understanding the rationale for healthy habits and having the social support to guide you towards lifestyle change. In this course, you will learn what it takes to achieve your best health, alongside other like-minded people on the same journey.  The following topics will be covered:  **The Mind Body Connection**  We will explore the intimate relationship between the mind and body, and how to tap into this powerful connection for healing. Various meditation techniques will be taught throughout the course.  **The Art of Eating**  Learn practical nutritional information that you can put into practice right away. We will discuss how to choose healthful foods, how to spot junk food, best cooking methods, decoding food labels, and an overview of our food systems. The nutrition portion will be taught over 3 sessions and you will receive a food plan that is tailored to your specific goals.  **The Truth About Sleep**  We will discuss the science behind the importance of sleep and how to get more of it.  **Get Fit for Life**  The role of movement in creating health will be discussed. We will learn about various forms of exercise and how to develop a routine that you can enjoy and maintain over the long term.  **Toxins and Detox**  Learn about the hidden toxins inside and outside your home, their impact on human health, and how to minimize your exposure.  **Supplements and Complementary Therapies**  An overview of commonly used supplements and non-non-pharmacological healing therapies will be presented to optimize your body’s healing potential. | | |  | |  | This course is taught by Susan Payrovi M.D. of Stanford’s Center for Integrative Medicine.  Dr. Payrovi is board certified in Anesthesiology, Integrative Medicine, Hospice and Palliative Medicine, with additional training in Functional Medicine and acupuncture.  **Upcoming Classes:**  Start Date: 8/14//2018  End Date: 10/02/2018  Time of Class: 1:00pm – 3:00pm  Start Date: 11/13/2018  End Date: 12/18/2018  Time of Class: 1:00pm – 3:00pm  Classes will be held once a week for 8 consecutive weeks.  To register for this class, please call during regular clinic hours, Monday – Friday 8:30am – 5:00pm.  Clinic phone: (650) 498-5566  Each weekly session will be billed to your insurance as a 15-minute office visit with a physician specialist.  Plan to arriving 20 minutes early or staying 20 minutes after each class to check-in individually with Dr. Payrovi.  Please check in for each session of the class at Stanford’s Center for Integrative Medicine located at:  The Hoover Pavilion  211 Quarry Road, 2nd Floor, Suite #205  Palo Alto, CA 94304 |