

# Conversations About Living

## Integrative Health: Western & Eastern Approaches to Wellness



***“Combine western science and eastern wisdom to achieve wellness of the mind, body, and spirit”*** Dr Shyam Bhat MD

In this **Conversations About Living** event, Dr Shyam Bhat MD will discuss integrative medicine, an evidence-based holistic approach to:

- What holistic approaches can you use to treat physical or emotional pain, diabetes, & heart disease?
- What does medical research tell us about Ayurveda, Homeopathy, Acupuncture, and the hundreds of alternative and complementary treatment options?
- How do you sensibly combine mainstream medicine with alternative treatments?

**When : Saturday, July 18th 2009**

**Where : Chinmaya Mission Hospital Auditorium, 3<sup>rd</sup> Floor,  
CMH Road, Indiranagar, Bangalore**

**Time : 6pm - 8 pm**

**Entry : Free**

---

**Conversations About Living** is an initiative of **Nirvikalpa: The Center for Human Potential**, a not for profit organization devoted to the exploration and development of human potential.

**Dr Shyam Bhat MD** is an integrative medicine specialist and neuropsychiatrist, who integrates western medicine and psychiatry with Yoga psychology and eastern healing traditions.

[www.shyambhat.com](http://www.shyambhat.com)