

The Newsletter of THE AMERICAN INSTITUTE OF STRESS

Number 10

1992

CALL FOR PAPERS

FIFTH INTERNATIONAL MONTREUX CONGRESS ON STRESS

February 14 - 19, 1993

GRAND EXCELSIOR HOTEL, MONTREUX, SWITZERLAND

The recipient of The Hans Selye Award will be Professor Lennart Levi, Chairman of the Department of Stress Research at Karolinska Institute, who, with members of his group, will provide an update on their important research on the adverse health effects of Occupational Stress. Preliminary list of other Plenary Sessions on topics as noted on Page 7 together with other details. Selected papers will be published in *Stress Medicine*, and/or *Integrative Physiologic and Behavioral Science*, the published Proceedings of the Congress, and abstracted in *The Newsletter of The American Institute of Stress*. Send 100 - 250 word abstract to Paul J. Rosch, M.D., President, The American Institute of Stress, 124 Park Avenue, Yonkers, NY 10703. For further information, call Lisa Frugis, Director of Communications, (800) 24-RELAX, (914) 963-1200, or FAX (914) 965-6267, (914) 377-7398. 40 CME Credits.

FOURTH CONGRESS FOCUS ON ORIENTAL MEDICINE

Western physicians have generally regarded traditional Eastern and Oriental medical approaches with an attitude of skepticism, if not disbelief. Much of this stems from an inability to identify or understand mechanisms of action that might explain the alleged benefits of acupuncture, yoga, various meditative techniques, or herbal remedies, and the lack of scientifically conducted double blind studies to prove their worth. Meditation got a boost in the 60's, when the Beatles and other celebrities traveled to India to study with various Yogis and Maharishis in an effort to "find themselves", and their individual mantras. Transcendental Meditation subsequently became popular in the U.S. but in 1971, there was a surge of interest in Oriental medical practices. That was when the respected New York Times columnist, James Reston, reported on the acupuncture treat-

(Continued on page 2)



Stewart Wolf, M.D., Professor Yujiro Ikemi
and Paul J. Rosch M.D., at the Hans Selye Award Ceremony

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For further information on the original source of abstracts and other reprints available on similar subjects, please send a self-addressed stamped envelope to: Reprint Division, American Institute of Stress, 124 Park Avenue, Yonkers, NY 10703.

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The Newsletter of
**THE AMERICAN INSTITUTE OF
 STRESS**

Paul J. Rosch, M.D., F.A.C.P.

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ment that had relieved his pain following an emergency appendectomy in China, stating, "I have seen the past, and it works".

**ARGUMENT AND AGREEMENT ABOUT
 ACUPUNCTURE**

President Nixon's visit to China the following year further heightened American interest in acupuncture's apparent amazing potential. The media featured pictures of Chinese patients, cheerfully sipping tea, while surgeons were performing open chest surgery. There were numerous accounts of crippled arthritics who could now walk and run, and deaf children who could hear, and acupuncture was viewed almost as some new discovery, rather than something that had been practiced for over 2,500 years. The observation that acupuncture was also effective in animals clearly indicated that this was not merely a placebo effect, although it seemed likely that the patient's faith also played a significant role in its efficacy. However, most reports of triumphs in incurable illnesses were anecdotal, and usually emanated from so-called "barefoot doctors". There was considerable suspicion and cynicism about the alleged successes of these non-professionals, whose orientation was on prevention as much as treatment, and who were apparently motivated much more by a desire to provide a service, rather than improving their financial status.

There were few scientific research studies, and Western specialists who reviewed the amazing cures of deaf children, were appalled to find that their problems had usually resulted from infections that could have easily been prevented or successfully treated with

antibiotics. It was also obvious that a large measure of acupuncture's popularity was due to the fact that it represented a very inexpensive treatment for the close to one billion Chinese caught up in the throes of the cultural revolution. The articles reporting favorable acupuncture results in several thousand cases of arthritis or asthma had no controls, and there was no clear description or apparent uniformity about the acupuncture technique being used.

American health professionals who wanted to learn more about acupuncture and Chinese medicine were frustrated because of the lack of any publications in English, except for Veith's translation of "The Yellow Emperor's Canon of Internal Medicine", dating from 400 B.C. Although acupuncture was practiced in Asian communities, no formal training was available in the United States. In the 17th century, Jesuit priests from China had brought back acupuncture and some of the ancient Chinese texts to Europe, where there were still some scattered medical and lay practitioners. However, most interested American physicians went to England to study with J.R. Walsley who had founded the College of Traditional Chinese Acupuncture, and some even traveled to the Orient for instruction in this and other historically established treatment approaches that utilized certain herbs and foods.

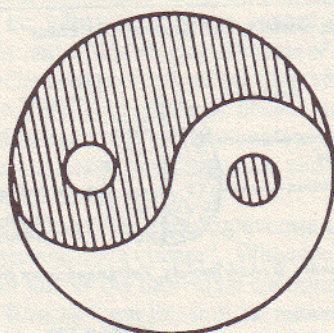
**THE ARRIVAL OF AMERICAN
 ACUPUNCTURE**

Over the last few decades, there has been a surge of increased interest in Oriental medicine. Acupuncture is licensed or regulated in more than 22 states, and there are now close to two dozen schools of acupuncture and Chinese medicine in the U.S. Controlled studies here have confirmed that acupuncture can be effective in treating asthma, a variety of chronic pain syndromes, alcoholism, and numerous other addictive disorders. Acupuncture points have been demonstrated to have lower electrical resistance and/or higher potential than their surrounding tissue, and the insertion of acupuncture needles at certain specific sites has been shown to improve immune system and pulmonary function, and increase endorphin levels. Patients are increasingly being referred to acupuncturists for stress related symptoms, including pain, anxiety, and a variety of musculoskeletal and neurologic complaints that failed to respond to conventional treatment. Although the majority of the approximately 10,000 currently registered acupuncturists have not had significant formal medical training, at least one in five are physicians. Acupuncture is increasingly being used to treat a variety of substance abuse and addictive disorders, and has markedly reduced recidivism. Some reports suggest that improved results can be obtained by the use of

electroacupuncture, and/or cranioelectric stimulation techniques based on acupuncture research, as noted in past Congresses.

CH'I, TAO, YIN AND YANG

Health professionals who made a concerted effort to understand what acupuncture was all about, began to appreciate that it was based on a philosophical system in which both mind and body were energized by a pervasive energy force known as *Ch'i*, (pronounced "chee"), called "*Qi*" in Japan, and *prana* in Sanskrit. They had to comprehend the concept of the *Tao*, or "flow" of living, and its relationship to *Ch'i*, which is the basic energy of all living things, and the essence of foods. The acupuncturist balances disturbances of *Ch'i* in the body by opening energy pathways with special needles, so that new channels would encourage its flow from areas where there was an abundance, to sites of deficiency. Acupuncture was capable of producing either stimulation or relaxation, to restore harmony and balance not only within the body, but also with nature.



YIN AND YANG

The *Ch'i*, and the *Tao*, could also be viewed in terms of their relationships to *Yin* and *Yang*. These opposing forces must remain in balance to preserve health, and they pervade all natural processes, including the five basic elements: Earth, Metal, Water, Wood, and Fire. In general, *Yin* was considered to have the attributes of being old, solid, dark, female and cold. *Yang* is active, male, young, hollow, light, and hot. Although *Yin* and *Yang* would seem to represent opposites, they should more properly be perceived as balancing and complementary forces. As traditionally represented above, they are perpetually changing, and transforming themselves into each other, much as day gradually blends into night.

Each of the five basic elements are also associated with other objects, elements and dimensions, including specific seasons, sounds, colors, time of day, direction, emotional or psychological characteristics, and body

organs. Thus, metal is the element of Fall, its emotions are sorrow and fear, its sound is crying, and its *Ch'i* is greatest between 3 and 7 a.m. Therefore, this would be the time period when its organs, the lung and the colon, demonstrate optimal function. Individuals who are classified as "metal" types, tend to suppress their emotions, and have a tendency to develop asthma and colitis if their sense of control is threatened. It may not be coincidental that psychosomatic researchers here have similarly profiled asthma and colitis patients as having a tendency to suppress their emotions, to be overly apprehensive, and to require the same need for control as the Chinese medicine "metal" types.

MEDITATORS, YOGIS AND MYSTICS

Over the past two decades, Dr. Herbert Benson and his associates at Harvard have carried out extensive research studies dealing with the physiology of meditation. They have now been able to scientifically document and measure for the first time, a variety of physiologic parameters in practiced Tibetan meditators. These confirm an awesome ability to regulate body temperature and cardiovascular function. This was vividly demonstrated in a videotape of their most recent expedition to Tibet, showing Buddhist Monks practicing "*g Tum-mo*" (heat) meditation who were able to increase finger and toe temperatures up to 8.3 degrees C., and cause icy, wet sheets on their naked bodies to steam within three to five minutes despite a frigid environment.

The Voluntary Controls Department, and Biofeedback and Psychophysiology Center at Menninger Clinic have been similarly involved in scientific studies of Indian meditators, yogis and natural healers. They have been pioneers in the investigation of their EEG patterns, and the energy fields that surround them. The latest results of this research were presented by Drs. Patricia Norris and Steve Fahrion, who reported on the development of new alpha and theta biofeedback instrumentation which appear to offer great potential for the treatment of alcoholism and other addictive problems, and for extending the boundaries of human potential for self-healing and creativity.

EASTERN MEDICINE AND THE BIOPSYCHOSOCIAL MODEL

A major focus of the Fourth International Montreux Congress on Stress were devoted to exploring and elucidating the mechanisms of action involved in acupuncture, various meditative techniques, yoga, *Qi-Gong* energy, and other Oriental practices. An Oriental Medicine workshop was presented by Dr. Shuji Goto and associates from the Goto College of Medical Arts and Sciences in Tokyo. Included was a demonstration

of the powers of the Chi-Gong Master, and new computerized technology to detect and measure energy imbalances in the body that provide the basis for immediate treatment and relief of symptoms. This proved to be so interesting and popular, that this workshop will be repeated and expanded upon at our forthcoming Congress. The important issue is how does all of this relate to Western medicine? Probably no single individual has devoted more thought and effort to this than our Hans Selye Award recipient, Professor Yujiro Ikemi. A distinguished researcher in psychosomatic disorders for many years, he has devoted the last two decades towards the integration of traditional Oriental medicine into the Western biopsychosocial model. He has been particularly interested in the problem of *alexithymia*, where individuals are unable to express their feelings. However, he has also developed the concept of *alexisomia*, in which communication with one's body is similarly disturbed, and coined the term *alexicosmia*, to reflect a lack of communication or harmony with nature. Together with a team of his colleagues and students, he presented his latest research findings and theories. This, and some of the other presentation of this Congress are summarized in the following abstracts.

HOLISTIC AWARENESS

(ABSTRACT OF PRESENTATION
BY PROFESSOR YUJIRO IKEMI)

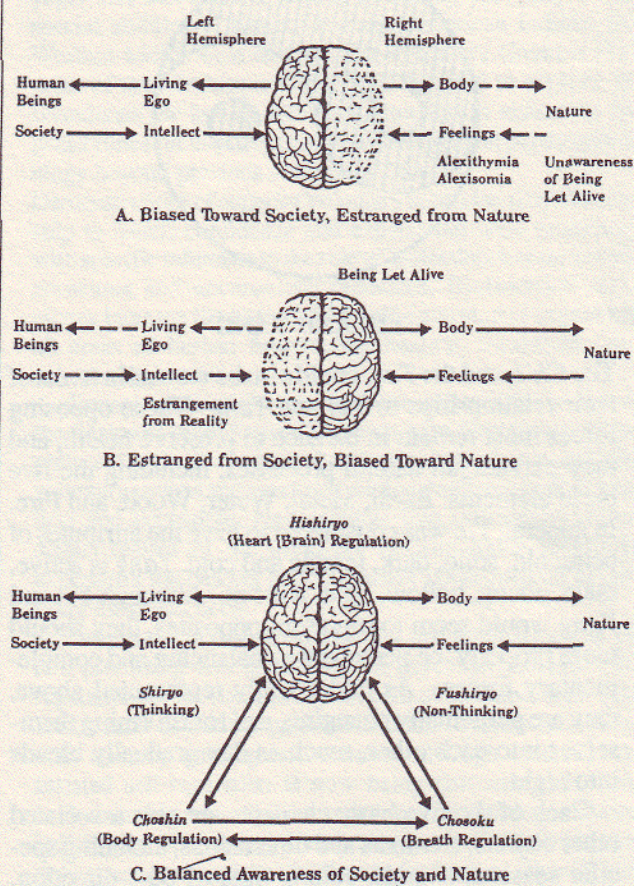
In Occidental psychosomatic medicine, it is customary to combine "psychotherapy" and "somatic" medical approach in treatment. Meanwhile, Oriental medicine, such as, acupuncture, moxa cautery, etc., emphasize activating the inborn prohomeostatic potentials of the organism as a whole (mind-body), rather than merely attempting to treat symptoms. In addition, recent research demonstrates that Oriental methods of self-control, such as, Yoga exercise, Zen meditation, and Qigong, can also activate the organism's self normalizing and self actualizing potentials. The theory and methods of Oriental methods of self control appear to represent a core of medical treatment and preventive medicine that includes stress reduction. It is proposed that psychosomatic medicine based on such Oriental approaches provides a true holistic perspective.

The basic principle underlying human health and self actualization is an awareness of the whole person. Awareness is made possible by the brain, which should be considered as the core of mind-body non-dualism. It has recently been shown that social adaptation and natural adaptation can be roughly differentiated between the brain's hemispheres. The left hemisphere appears more involved with analytical and logical activities, while the right is devoted more to intuitive, non-verbal, emotional capabilities, and bodily awareness. Oriental stress reduction strategies develop and reinforce right brain power. The demands and stresses of life in contemporary industrial societies, have

tended to encourage and emphasize left hemispheric brain functions.

As this tendency progresses, we are seeing more psychosomatic problems related to "alexithymia", and a dissociation between intellectual and emotional activities along with a weakening of awareness of the right side of the brain. "Alexithymia" reflects a difficulty in the awareness and lack of ability to find words to explain feelings. The term, "alexisomia" has been coined to designate a condition in which individuals have difficulty in expressing how their bodies feel, and the term, "alexicosmia" to describe a state characterized by a lack of awareness or sensitivity to nature and the environment. The pathological effects of modern society may be due to modern man's neglect and inability to achieve harmony between his natural being and his social being. Our therapeutic goals should be directed towards developing consonance and congruence not only with society, but also with nature. Therefore, we suggest adding an ecological (or existential) factor to George Engel's biopsychosocial medical model, and such a biopsychosocioecological medical model is now being vigorously promoted in Japan, as outlined in Figure 1.

Figure 1. Nature, Society, and Human Awareness



THEORIES UNDERLYING THE STRESS REDUCTION EFFECTS OF ORIENTAL MEDICINE

(ABSTRACT OF PRESENTATION
BY KAZU MORI, PH.D.)

Acupuncture, like Zen meditation and *Qigong*, can be extremely effective for the treatment of stress-related symptoms such as anxiety, tension, and pain. The fundamental principle of acupuncture therapy relates to control of *Shèn*, (the spirit), which may also be viewed as the function of the brain. The most important element which determines the efficacy of acupuncture therapy is its ability to influence *Shèn*, or inner "*Qi*", which has powerful healing, pain reducing and stress reduction properties.

The stress reduction effects of acupuncture can best be understood by comprehending the philosophy of *Qi* as it is explained in *The Yellow Emperor's Canon of Medicine*, an ancient book of Oriental medicine. *Qi*, or vital energy, is described as an invisible dynamic force that pervades the environment as well as the individual. The term "*Shèn Qi*", "*spirit Qi*" or "*inner Qi*" in this old text, refers broadly to central nervous system activities. The foundation of Oriental medicine is based not only on an understanding of *Qi*, but also the concept of maintaining balance between "*Yin and Yang*". The macrocosm originates from a chaos called *Taiji*, from which *Yin and Yang* arise, and the interactions between these powerful and complementary forces control the Universe. Humans require and utilize varying amounts of *Yin and Yang* to maintain homeostasis not only of the internal environment (milieu interne), but with external, natural, milieu forces. Humanity and our natural environment represent a continuum that is mutually interdependent and regulated by changing *Qi* in the atmosphere.

Thus, Oriental medicine and acupuncture treat the individual as a "dynamic open system". When the *Qi* of heaven and nature, and that of the individual continually mingle, a dynamic or "floating" equilibrium is maintained, and a synchronous rhythm and equilibrium prevails. Any disturbance of this harmonious relationship stems from some disruption of the proper balance between *Yin and Yang* forces due to stress. Every stress affects internal, or visceral *Zanfu*, which is reflected in the body's surface, or skin. In such instances "*gigin*", or the seven factors of internal causes of illness, plays the determining role in the development of physical and mental disorders. When mental or emotional balance become unstable, this may disturb the function of *Zanfu*, or nourishing energies, leading to physical disease. Conversely, disturbance of *Zanfu* (or viscera) may affect spiritual, moral and mental activities (*Qi of Shèn*), causing emotional illness. Therefore, control of emotions through the *Qi of Shèn* is a fundamental goal of treatment, which, when successful, can overcome and remove pathogenetic factors by activating the body's innate, powerful energies, and powers of resistance. Western medicine has only recently rediscovered this in psychoneuroimmunology research studies. Acupuncture, moxibustion, herbal medicine, and *Qigong* represent practical means of balancing *Yin and Yang*, and thus restore all of the homeostatic relationships within the body and maximize resistance to further disruptions due to stress.

This has been referred to in early Western medical writings as the *vis medicatrix naturae*, or healing ways of nature.

The understanding that *Qi* is a vital energy for establishing the relationship between nature and human beings, and that nature and human beings are closely interrelated and interdependent, has led to the development of ecological guidelines to promote health by learning how "to live with nature". Moreover, the recognition that *Qi* represents a vital energy that links and integrates physical and mental functions, is a core concept of Oriental medicine that refutes the mind-body dualism of Descartes. Contemporary, psychosocial, stress-related disorders, seem to stem from a functional discontinuity of that part of the brain governing human intelligence (the neocortex), and that governing human emotion and life (the paleocortex and the brain-stem). Our co-researcher, Professor Ikemi, believes that this discontinuity is responsible for alexithymia and alexisomia. It is increasingly being recognized that these disturbances are at the root of most psychosomatic diseases. They can best be corrected by activating and restoring the power of "*inner Qi*", or "*the healer within*".

Conventional Western medicine emphasizes drug therapy and surgical procedures for most diseases, or alternatively, behavioral therapies and psychoanalysis to treat psychosomatic and mental disorders. However, we believe that this is not optimal or ideal. It lacks the most important approach, which should emphasize that health must be viewed as an integrated, inseparable, balanced, and harmonious interrelationship between body and mind. Oriental medicine, therefore, does not focus on the treatment of symptoms, but rather the activation of innate prohomeostatic mechanisms that can restore these vital relationships. The holistic medical model proposed by Dr. Ikemi utilizes this Oriental approach as its core, but also combines it with appropriate Western strategies. We have verified this through sophisticated computerized EEG and Positive Emission Tomography (PET) studies which will be presented in the following paper.

CLINICAL EXPERIENCES WITH PSYCHO-ACUPUNCTURE

(ABSTRACT OF PRESENTATION BY KOJIRO TAKAHASHI,
MICHIO TAKAHASHI)

Psycho-acupuncture refers to the concomitant use of acupuncture and psychological counseling for patients with neurotic and psychosomatic complaints. This psycho-acupuncture approach significantly improves the stress reducing effects of counseling or acupuncture alone, because the combination provides synergistic benefits. It is particularly effective in patients suffering from chronic autonomic nervous system disturbances that fail to respond to conventional drug or other therapies. The form of acupuncture utilized is designed to achieve a zone of "comfortable stimulation" as its index, and the therapist waits for the patient's self-control to reach optimal levels to achieve the maximal benefits that can be derived from the therapeutic environment which has been created. The most important factor in achieving an optimal therapeutic is the human relationship between the patient and the therapist. The patient can gain deeper "self-insight" into his/her own mind, body and spirit, when protected by a

therapist whom the patient can trust.

"Self-insight" means "the awareness" of one's physical and mental homeostasis. Oriental medicine traditionally has placed a stronger emphasis on dynamic rather than static self-analysis, where one recognizes somatic sensations by progressive muscular relaxation or autogenic training techniques. This is "the Oriental Self-Control" proposed by Dr. Yujiro Ikemi. Some individuals lack the desire or proper ability to practice the Western techniques noted above, and for such patients, psycho-acupuncture produces not only deep relaxation, but also the benefits derived from dynamic self-analysis. Similarly, psycho-acupuncture provides an improvement over counseling alone, particularly when it is unable to promote adequate self-insight.

OBJECTIVE PROOF OF ACUPUNCTURE EFFECTS ON CEREBRAL FUNCTION WITH COMPUTERIZED EEG AND PET SCANNING

(ABSTRACT OF PRESENTATION BY
DR. KAZU MORI, PH.D.)

Acupuncture, like Zen meditation and Qigong, is one of several Oriental approaches which is extremely effective against various stress related symptoms including anxiety, tension and pain. The fundamental principle of acupuncture therapy is the idea of "Control Shén" (the spirit)". The term Shén (the spirit) in this case refers to the functioning of the brain. "Control Shén" is the key concept of acupuncture therapy. It attempts to control the cerebral function as the center of the Healer within (inner Qi) the mental as well as the physical aspects through acupuncture.

A study was conducted using EEG topography and Positron CT (PET) to evaluate the effect of acupuncture needle stimulation on brain function.

The results are as follows:

1. EEG amplitudes were altered in all areas of the cerebral cortex, with the most prominent being seen in the frontal and occipital lobe.
2. Positron CT images also demonstrated that acupuncture stimulated a wide range of brain sites ranging from the paleocortex to the neocortex.

It is suggested that acupuncture reduces discord between the paleocortex and the neocortex, and stabilizes autonomic nervous system function to promote the healing ways of nature (*vis medicatrix naturae*) by actions at the brain stem level including the hypothalamus.

ROLE OF YOGA THERAPIES IN PSYCHOSOMATIC DISORDERS

(ABSTRACT OF PRESENTATION
BY A. N. SINGH, M.D.)

Psychosomatic diseases represent the pathological expression of biological, psychological, and social disorders. Yoga provides a mechanism whereby such disturbances can be restored and brought into balance. Yoga represents a mystic way of life that originated about 3,000 years ago in India. It is a remarkably vibrant and unique discipline, which, if

practiced correctly and consistently, can prove successful in the treatment of many psychosomatic disturbances. Yogic therapy emphasizes self-regulation and stresses the importance of somatopsychic influences. It is important to recognize that just as the mind influences the body, the reverse is also true, but is often not appreciated. The spiritual itinerary of yoga and possible mechanisms whereby its salubrious effects are achieved were discussed. Examples of its successful use in bronchial asthma, essential hypertension, colitis, peptic ulcer, cervical spondylosis, chronic sinusitis, intractable pain, and personality disorders were presented, along with objective scientific studies confirming these therapeutic benefits.

EASTERN AND WESTERN YOGIS, HUMAN POTENTIAL AND PRACTICAL APPLICATIONS: FROM ALCOHOLISM TO PSYCHONEUROIMMUNOLOGY

(ABSTRACT OF PRESENTATION BY PATRICIA A. NORRIS,
PH.D. AND STEVEN L. FAHRION, PH.D.)

Early explorations into the physiologic correlates of intentionality and volition were conducted by the greens in the mid-1960's. Demonstrations of voluntary control of circulation, individual motor neurons, and states of consciousness associated with brainwave biofeedback attracted the attention of yogis and self-regulation adepts. During the early 1970s special abilities of Eastern Indians, American Indians and Western adepts were studied. The Voluntary Controls Program of the Menninger Clinic was designed to explore the boundaries for human self-regulation and in extending the possibilities for ordinary people to self-regulate psychophysiology beyond previous conceptual limits.

Demonstrations of superior voluntary control and its relationship to belief, confidence and expectation were examined, with specific reference to the role of biofeedback in mediating conscious and unconscious processes. Biofeedback techniques increase the potential for self-control, and improving all areas of human functioning, healing, awareness, and enhanced potential.

Current applications in psychoneuroimmunology and in the treatment of addictive behaviors arise directly out of the philosophical and conceptual underpinnings of yoga, making voluntary control and psychophysiologic self-regulation practical and accessible. New insights into previously unconscious realms of the mind are helping many people to experience the healing and integrative consequences of unifying mind and body.

Early work in brainwave training and meditation has led to a promising new application of psychophysiologic self-regulation for the successful treatment of addictive disorders. Restoration of normal patterns of brain rhythms associated with reward, learning and memory, through biofeedback-assisted self-regulation is now being demonstrated. Controlled studies and clinical experience in treating addicted individuals demonstrate that brainwave self-regulation not only greatly reduced the likelihood of relapse or other aspects of recidivism, but significantly increases creativity, a sense of well being, and an improved quality of life.

(Preliminary Outline)

FIFTH INTERNATIONAL MONTREUX CONGRESS ON STRESS

GRAND EXCELSIOR HOTEL,
MONTREUX, SWITZERLAND

February 14-19, 1993

Sunday 2/14/93

- 6:00 P.M. Welcoming Cocktail Party
- 7:30 P.M. Gala Banquet and Award Ceremony
Welcoming Remarks
Introduction of Dignitaries
Presentation of The Hans Selye Award
Chair, Paul J. Rosch, M.D.

Monday 2/15/93

- 9:00 A.M. Effects of Job Stress on Cardiovascular
and Immune System Function
Chair, Lennart Levi, M.D., Ph.D.
- 2:00 P.M. Additional Presentations on Job Stress,
Hardiness and Health, Stress Reduction
Effects of Aromatherapy, etc.
Chair, Yujiro Ikemi, M.D.

Tuesday 2/16/93

- 9:00 A.M. Crisis Intervention and Post Traumatic
Stress Disorder
Chair, George Everly, Ph.D.
- 11:00 A.M. Stress in Physicians and Health Care
Professionals
Chair, John-Henry Pfifferling, Ph.D.
- 2:00 P.M. Stress and the Gastrointestinal Tract
Chair, Stewart Wolf, M.D.

Wednesday 2/17/93

- 9:00 A.M. Relationships of neurogenic and
psychological factors to serum lipid levels
(Stress and Cholesterol)
Chair, Ray Rosenman, M.D.
- 2:00 P.M. Diet, Cholesterol, and Coronary
Heart Disease
Chair, Serge Renaud, Ph.D.,
Paul J. Rosch, M.D.

Thursday, 2/18/93

- 9:00 A.M. Goto College of Oriental Medicine
Workshop
Chair, Shuji Goto, Ph.D.
- 2:00 P.M. Stress and Sudden Death
Chair, James Skinner, Ph.D.

Friday, 2/19/93

- 9:00 A.M. Stress and Pain
Chair, Nelson Hendler, M.D.
- 11:00 A.M. Stress, Skin, Hair and Aging
Chair, Vera Price, M.D.
- 2:00 P.M. Stress, Free Radicals, Health and Aging
Chair, Ross Adey, M.D.

Refreshment Breaks at 10:15 and 4:15

Luncheon at 12:30 P.M.

Dinner at 7:00 P.M.

FACULTY LIST (Tentative)

W. Ross Adey, M.D.	Lennart Levi, M.D., Ph.D.
Edward Ahrens, M.D.	Stan Maes, Ph.D.
Ben J. C. Allmann, M.D.	George V. Mann, M.D.
Alan Bennett, Ph.D., D.Sc.	F.J. McGuigan, Ph.D.
Professor Serge Bonfils	Jeffrey T. Mitchell, Ph.D.
Lionel Bueno, M.D.	K.F. Orlebeke, Ph.D.
Roger Cady, M.D.	John-Henry Pfifferling, Ph.D.
Malcolm Carruthers, M.D.	Vera Price, M.D.
Joel E. Dimsdale, M.D.	Richard H. Rahe, M.D.
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Atle Dyregrov, Ph.D.	Ray Rosenman, M.D.
Thomas Elbert, Ph.D.	Thomas H. Schmidt, M.D.
George S. Everly, Jr., Ph.D.	James Skinner, Ph.D.
Scott Grundy, M.D.	K.V. Sudakov, M.D.
Nelson Hendler, M.D.	Madame Yvette Tache
Milan Horvath, M.D.	Linda Trum, Ph.D.
Yujiro Ikemi, M.D.	P.J. Whorwell, M.D., FRCP
C. David Jenkins, Ph.D.	David Wingate, M.D.
Frances Kittel, Ph.D.	Stewart Wolf, M.D.

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Phone: 914-963-1200, (800) 24-RELAX
or Fax 914-965-6267, 914-377-7398

Book Reviews • Meetings and Items of Interest

Book Reviews

Eastern & Western Approaches to Healing: Ancient Wisdom & Modern Knowledge
Sheikh, A.A. and Sheikh, K.D., eds.
John Wiley & Sons, New York, 1989. 588pp.
\$57.95

This is a remarkably well integrated compendium of *Eastern* and *Western* achievements in medicine. It contains a wealth of information not readily available on ancient Eastern systems of medicine, including *Ayurveda*, *Yoga*, *Chinese*, *Buddhist* and *Japanese* healing systems, *Sufism*, etc. What is particularly valuable, is the examination of these ancient healing approaches in the light of modern knowledge. They have obviously withstood the test of time, and increasingly appear to be satisfying the demands of scientific scrutiny, as evidenced by the reports in this issue dealing with our last Congress. In addition to the subjects noted above, the eighteen chapters include such contemporary headings such as "Psychoneuroimmunology", "Cerebral Laterality", and "The Importance of Modern Physics for Modern Medicine". The final two chapters, entitled "Transcultural Psychotherapy" and "Toward A Synthesis Of Eastern and Western Psychologies" provide a masterful integration of cross cultural, ancient and modern practices and techniques, revealing unsuspected similarities in these seemingly disparate approaches. The authors are all recognized authorities in their fields, and all of the chapters are extremely well referenced.

Meetings and Items of Interest

November 29-December 3 Imagery, Spirituality and Healing, Maui, Hawaii, Joan Borysenko, Myrin Borysenko, Rachel Naomi Remen, Christina Grof, Stan Grof, Martin Rossman and David Bressler, Academy for Guided Imagery, 415-389-9324 or 800-726-2070.

December 2-6 Milton H. Erickson Foundation - Ericksonian Approaches to Hypnosis & Psychotherapy 5th International Congress Incl Workshops on Addictions & Hypnosis, Phoenix AZ (602) 956-6196

December 9-12 The National Institute for the Clinical Application of Behavioral Medicine - 4th International Psychology of Health, Immunity and Disease Conference, Hilton Head, South Carolina. Contact: NICABM, PO Box 577, 46 King Hill Road, Storrs, CT 06268, (203) 429-2238

February 22-25 ISC Division of Wellness - 12th Annual Role of Exercise and Nutrition in Preventive Medicine, Beaver Run Conference Center, Breckenridge, CO (813) 686-8934

February 23-27 American Journal of Health Promotion 4th Annual Conference - The Art and Science of Health Promotion Conference, Hyatt Regency, Hilton Head, South Carolina. Info: 313-650-9600

March 10-13 The Society of Behavioral Medicine - Fourteenth Annual Scientific Sessions, Sheraton Palace, San Francisco. Contact Kenneth A. Perkins, Ph.D. (301) 251-2790

March 25-30 The Association for Applied Psychophysiology and Biofeedback - "New Visions - New Realities" Biltmore Hotel, Los Angeles, CA. Submissions must be postmarked by Sept. 16, 1992. Contact: Connie Maslow, Director of Meetings (303) 422-8436

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