

# PSYCHIATRY DISORDERS, MENTAL HEALTH AND WELLNESS

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## **RX: MEDITATION 2 X BID, WHOLE FOODS PLANT-BASED DIET & YOGA**

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How might prescribed meditation decrease illness? Is the "gut-to-brain axis" impacting mental health and wellness? How might it promote wellness and healing from illness? This review of the literature attempts to answer these questions. Psychological health may correlate. This review analyzes the nature of meditation, yoga and diet as it pertains to therapeutic benefits. It concludes with the need for more psychiatrists to receive training in meditation so that they can augment their practices with this important technique (1) supported by 40 years evidence-based research of long-lasting reductions in stress and stress-related illness.

## **BIOGRAPHY**

Krista Haddad completed her MBA, specializing in Health Care Management from Indiana Wesleyan in the year 2011. She has 17 years of experience as a Health Care Executive and consultant to hospitals and healthcare entities across the United States. She started her career in 2002 as a Community Education Manager for (400+ bed psychiatric in-patient hospital) advocating on the stigma of mental health. Currently, she is working as President to Eastern Avenue Sober Living Women's Home. She is most passionate about preventative health care and completed her 200-hour Yoga/meditation teacher in 2015 at Barefoot Yoga Works.

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