

Mp3 Pc Davidoff - Calm Body Calm Mind

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Guided relaxation music based on the ancient science of yoga. 2 MP3 Songs SPOKEN WORD: With Music, SPOKEN WORD: Instructional Details: Narrated By Arthur Brownstein Music from the soundtrack BAMBOO by PC Davidoff Arthur Brownstein, M.D. is Assistant Clinical Professor of Medicine at the University of Hawaii. He is a Board Certified in Preventive in Preventive Medicine and a Founding Diplomate of the American Board of Holistic Medicine. He is a former U.S. Air Force flight surgeon. He also teaches yoga and is the only American physician ever to receive a Diploma in Yoga Education from Kaivalyadhama Yoga Institute and the government of India. Dr Brownstein has written two best selling books, Healing Back Pain Naturally and Extraordinary Healing: The Amazing Power of Your Bodys Secret Healing System. He worked with Dr. Dean Ornish, heart consultant to the former President Bill Clinton, and the first researcher to prove that heart disease can be reversed without drugs or surgery. Dr. Brownstein conducts workshops and lectures internationally, and has appeared on numerous TV and radio shows across the United States and Canada. He is considered an authority on the use of Yoga and relaxation techniques in Preventive Medicine. PC Davidoff is considered one of the pioneers in the field of music created specifically for the Healing and Relaxing arts. Practitioners have been using his recordings to support and enhance their treatments for over twenty years. The instruments, tones sounds and sonic frequencies he employs have been shown to calm the mind, soothe the body and touch the spirit. Proven Clinical Benefits of Yoga-Based Relaxation Reduces physical and mental stress Reduces anxiety and insomnia Calms and relaxes nervous system Reduces muscular tension Aids in reducing high blood pressure Aids in reversal of heart disease Aids in control of blood sugar Improves immune function Powerful aid to healing system Reduces pain

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