

Holistic Psychiatrist Patricia Gerbarg is Featured Speaker at Women's Health Expo, May 2, 2009

Holistic mental health expert and author Patricia Gerbarg, MD, will discuss natural ways to reduce worry and boost energy when the economy is down at the 9th Annual Women's Health and Fitness Expo in Kingston, New York, May 2, 2009.

April 27, 2009 - [PRLog](#) -- Holistic Mental Health Expert Dr. Patricia Gerbarg Speaks on How to Stay Up When the Economy is Down at the 9th Annual Women's Health and Fitness Expo in Kingston, New York, May 2, 2009

Los Angeles, CA – Patricia L. Gerbarg, MD, internationally renowned holistic mental health expert and pioneer of CAM (Complementary and Alternative Medicine) will be a featured speaker at the 9th Annual Women's Health and Fitness Expo at Tech City, Kingston, New York, Saturday, May 2, 2009, from 8 am to 9 am. She will discuss How to Stay Up When the Economy Is Down: Natural Ways to Reduce Worry and Boost Your Energy and Mood. She will include wellness solutions from the highly-praised new book she co-authored with Drs. Richard P. Brown and Dr. Philip Muskin, *HOW TO USE HERBS, NUTRIENTS, AND YOGA IN MENTAL HEALTH CARE* (WW Norton, January 2009).

“When the economy is down, stress and worry can cause physical and mental exhaustion. Maintaining your energy in times of stress is crucial. When your energy level plummets, your mood goes with it,” says Dr. Gerbarg. The talk will include low-cost, effective methods for improving energy, mood, productivity, and stress-resilience as well as the best practices for combining herbs (such as *Rhodiola rosea*), nutrients, and Breath-Body-Mind practices to support oneself, one's family, and friends through challenging times.

Dr. Gerbarg is a clinically trained psychiatrist and Assistant Professor in Clinical Psychiatry at New York Medical College. She graduated from Harvard Medical School and the Boston Psychoanalytic Society and Institute. In addition to her clinical practice in Kingston, NY, she provides consultation and facilitates the development of research projects on the health benefits of mind-body practices for recovery from mass disasters such as the September 11th World Trade Center attacks, the southeast Asian tsunami, and military personnel.

Dr. Gerbarg has been interviewed extensively by radio stations, magazines, and newspapers. She and her co-author husband, psychiatrist Richard P. Brown, MD, maintain a web site providing health information and resources at [HaveAHealthyMind.com](#).

Debra Karnasiewicz, MD, internist and founder of the Women's Health and Fitness Foundation, and of the Women's Health and Fitness Expo, comments that the approach and focus of this Expo “is very unique; we bring it all together in one place so women can choose what appeals to them. Becoming more health-conscious is a process and it's different for everybody. We give women access to the best information and experts in the fields of health, nutrition and fitness.” More information on the Expo can be found at [WomensHealthExpo.com](#).

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