



## **Kachmann Mind Body Institute**

Downtown & Lutheran Hospital Campus

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**260-420-YOGA (9642)**

**KachmannMindBody.com**

### **Presented by Rudy Kachmann, M.D.**

For over 40 years Dr. Kachmann has been a highly regarded neurosurgeon. Years of experience and medical research have shown him convincing evidence of the many health benefits of nurturing the connection between the mind, body, and the spirit.

Dr. Kachmann demonstrates how participation in the arts, yoga, meditation, and maintaining a positive attitude are keys to a long and happy life. Attendees will learn how to eliminate unnecessary medical procedures, reduce the use of medications, and reduce health care and insurance costs.

Call today to have this wonderful lecture series brought to your organization. 260.420.9642

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i n s t i t u t e

# **Dr. Rudy Kachmann 2010 Lecture Series**

**LUTHERAN HOSPITAL/ KACHMANN AUDITORIUM**

**MONDAYS 7:00PM**

**ALL LECTURES FREE TO THE PUBLIC**

**1/18 The Secret of the Non-Diet for Adults and Children:** Learn to prevent, stop, and reverse obesity diabetes and heart disease through a healthy lifestyle.

**2/15 Stress and the Mind Body Connection:** Explore various mind body techniques to reduce stress and enhance overall well-being. Learn to measure your health through the Mind Body Index.

**3/15 How to Live a Long Healthy Life and be of Sound Mind:** Learn how to enhance your brain power and longevity.

**4/19 Pain Acute and Chronic:** Discover mind body techniques to avoid medical treatments.

**5/17 Plocebo-Nocebo “The Evil Twin”:** How to avoid unnecessary pills, injections and surgery.

**6/21 The Mind and Cancer:** Preventing and treating cancer with Mind Body techniques.

**7/19 Mind Body, Spirit:** Diseases controlled by the mind.

**8/16 Chinese and Indian Medicine:** Eastern Healing

**9/20 The Psychology of Eating:** “Food as a Drug”

**10/25 The Power of Positive Thinking**

**11/15 The Secret of the Non-Diet for Adults and Children:** Learn to prevent, stop, and reverse obesity diabetes and heart disease through a healthy lifestyle.