

# STRESS, HEALTH AND LONGEVITY

November 13-14, 2012

## H. Martin Black

This is an intensive workshop that addresses stress that impacts our daily lives, with an approach to formulating a program for stress management and the maintenance of optimal health. The program includes the following:

- The physiology of the stress response
- The consequences of repeated stress
  - The governor effect-limiting the amplitude of the stress response
  - The ventilation effect-dissipating the effect of stress
- Resistive exercise as an antidote to aging
- Autogenic training and biofeedback
  - How to produce an internal physiologic state that is the opposite of the stress response by learning to raise skin temperature
- Sleep - principles of sleep hygiene
- Optimal nutrition - guidelines for healthful eating from the Brigham Young Human Performance Laboratory
- The effect of stress handling on our immune system

### Value to Members

Members will leave with a *workable* program aimed at enhancing their weaponry to overcome stress and delay the debilitating effects of aging.

### Biography

Dr. H. Martin Blacker has published more than 40 articles in the field of neurosurgery and chronic pain treatment. Because chronic pain is significantly amplified by stress, he developed an approach to stress management, which has its application not only in chronic pain treatment, but applies in the workplace as well. He obtained his MD and master's degrees in biochemistry at the University of Nebraska Medical Center and served a surgical internship and neurosurgical fellowship and residency at the Johns Hopkins University School of Medicine and the Johns Hopkins Hospital. Dr. Blacker is a frequent speaker at numerous national conferences in the field of neurosurgery, and has lectured to the Practicing Law Institute in New York and San Francisco and worked with many large organizations including Conoco Oil and the Buffalo News.