

Jyotsna Sahni, M.D.

Wide-ranging in her medical experience, Jyotsna Sahni is an engaging speaker whose popular lectures center on menopause, preventive cardiology, genomics, women's health issues, ayurvedic and mind-body-spirit medicine.

Raised and educated in the U.S. since age two, Dr. Sahni maintains cultural ties to her native India through the practice of yogic breathing, meditation and ayurveda. Her warmth and expert knowledge make Dr. Sahni a frequent choice to present at Speaking of Women's Health national conferences, talking on menopause and mind-body-spirit medicine – and covering issues related to cardiology and holistic medicine at many local seminars.

Dr. Sahni is a published author, including articles in the medical publication *The Lancet*, as well as the women's health chapter in *Integrative Nutrition Therapy: Complementary and Alternative Practices* (CRC Press). She recently co-authored an article on menopause-related sleep disorders.

Topics

THE POWER OF MENOPAUSE

Menopause is an important stage in a woman's life when health and wellness take an especially vital role. With all the choices out there to manage your symptoms, combined with swirling headlines about the latest news about hormone replacement, it can be a little confusing. Dr. Sahni clearly lays out all the choices and gives you the information to help make informed decisions.

STRAIGHT FROM THE HEART

You've got a handle on cholesterol, heredity and blood pressure, but is there a hidden risk planning a sneak attack on your heart? Dr. Sahni has the inside scoop on your inner workings.

SLEEPLESS NIGHTS, SLEEPY DAYS

In addition to the impact sleep deprivation has on cognition, memory, learning and performance, it can also lead to poor eating, weight issues and mood disorders. Dr. Sahni's talk is chock-full of practical information – and will appeal to anyone who's ever had a sleepless night.

TOPICS continued on back



CREDENTIALS

Doctorate in Medicine,
Hahnemann University
School of Medicine,
Pennsylvania

Board-certified in
Internal Medicine

Board-certified in
Holistic Medicine

Board-certified in Geriatric
Medicine

Board-certified in Clinical
Nutrition

Certificate in Functional
Medicine

Certified Reiki Master

Chopra-certified Ayurvedic
consultant



Meditation is a part of
Jyotsna's daily routine.

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THE WEIGHT IS OVER: HEALTHY STRATEGIES FOR LASTING LOSS

Learn practical techniques for losing weight safely and permanently. There are biological reasons we hold on to extra weight – and there is something you can do about it. Success awaits you.

BONE UP ON OSTEOPOROSIS

Osteoporosis is reaching epidemic proportions – although it's a preventable and treatable disease. What tests should you be having, which supplements should you be taking and what exercise works best, as well as the latest in drug therapy, will all be revealed by Dr. Sahni in this important and informative talk.

DO YOUR GENES FIT?

The Genomics Revolution is a new era in medicine. Environment and lifestyle interact with genetics to determine health. Learn how to use this new information to optimize your health.

AYURVEDA: THE SCIENCE OF LIFE

India's 5,000-year-old system of health can complement modern medicine. Uncover your unique mind-body constitution, or dosha, to individualize diet, exercise and nutrition.

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