



WESTERN MEDICINE & EASTERN WISDOM HAPPY BRAIN HAPPY LIFE

Romila "Dr. Romie" Mushtaq, MD

Featured Expert On:    THE HUFFINGTON POST  

Dr. Romie
medicine meets mindfulness

"We live and work in over-stressed and sleep deprived environments. My mindful programs are based in science, and I will show you how to breathe, live & lead with a calm consciousness." - Dr. Romie

Corporations, Associations, And Groups Around The World invite Dr. Romie To Learn:

1. MINDSET MATTERS: 5 STEPS TO CONQUER STRESS

The mind and body's response to stress creates poor health with issues from anxiety and poor memory to difficulties with digestion. Create a personalized prescription for health with this program is based on the latest research in neuroscience, positive psychology, and mindfulness.

2. MINDFUL LEADERSHIP: NAVIGATING CHAOS TO CALM

During change or times of uncertainty in the marketplace, stress can impact both personal health and team morale. During this interactive lecture, Dr. Romie will help attendees learn how stress negatively impacts your individual health and health of the organization. Specific topics to be covered include defining mindfulness, interactive meditation practices for the audience, and discussing core principals mindful leadership. After hearing this program, participants will be able to improve emotional resilience, self-awareness, and relationships.

3. TIME TO DE-SPANX? BREATHE PASSION & PURPOSE BACK INTO YOUR LIFE

Dr. Romie weaves powerful storytelling and humor into a step by step process to remind you how to feel passionate about life again. Take home a four step process based in brain science, psychology and mindfulness on how to stop the stress, breathe easier, feel passionate, and connect to your life purpose. Ideal for women's groups and healthcare seminars

4. PAUSE! REWIRE THE BRAIN FOR CREATIVITY & INNOVATION

The creative mind often shuts down in the face of multitasking, over-analysis and stress. Dr. Romie trains employees, corporate executives, and technology gurus how to leverage the power of brain science and mindfulness to tap into creativity and imagination. In this interactive lecture, Dr. Romie teaches you how to boost productivity and creativity.

"YOUR MIND IS STRONG MEDICINE"

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About Romila "Dr. Romie" Mustaq, MD

Romila "Dr. Romie" Mushtaq, M.D., ABIHM, is a traditionally trained neurologist with additional board certification in integrative medicine. Dr. Romie brings together Western medicine and Eastern wisdom to help individuals and audiences learn to heal from stress-based illnesses such as insomnia, anxiety, and career-burnout.

Dr. Romie combines her unique expertise in neuroscience & mindfulness as a highly sought after speaker to teach stress management and mindful leadership to Fortune 500 companies, universities and groups around the country.

Dr. Romie completed her medical training at the Medical University of South Carolina, University of Pittsburgh Medical Center and the University of Michigan where she won numerous teaching and research awards. She previously served as faculty at the Medical College of Wisconsin. After surviving career burnout and undergoing life-saving surgery, she traveled the world learning various yoga and mindfulness techniques.

Dr. Romie is an expert contributor in national and local media outlets such as Fox Business, The Huffington Post, Fox 35 News-Orlando, and NPR. Dr. Romie shared her story and wisdom during her TEDx Talk "The Powerful Secret of Your Breath." When not speaking around the country, she heals clients at the Center for Natural and Integrative Medicine in Orlando, Florida.

TESTIMONIALS:

"Dr. Romie is truly a professional, speaking with clarity and authority on the subject of mindfulness, and exhibiting a true passion for the topic. We were fortunate to have such a terrific speaker for our audience."

-N. Ayala, JWT Intelligence

"I just want to say that I had the extraordinary pleasure of listening to Dr. Romie speak at the Evolution Hospitality year end renewal. I brought back great information for my team and wife. We immediately started a one hour power own of electronics before bed and can already feel the difference. Thank you so much for sharing your words and love, truly a life changing experience."

-Scott G, Executive Chef, Evolution Hospitality

"Dr. Romie is a dynamic and inspiring speaker who is able to motivate diverse audiences, translating difficult scientific concepts into easy to understand terms for both medical and non-medical professionals. Whether you need an engaging speaker or a strategic business advisor, it is with great confidence that I highly recommend Dr. Romie as the expert partner to help you achieve results!"

-Melissa Deloach, Director of New Business, MedThink Science

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For more information, testimonials, and videos:
www.DrRomie.com

Social Media Influencer

@DrRomie   

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Full Bio:

Romila "Dr. Romie" Mushtaq, M.D., ABIHM, is a traditionally trained neurologist with additional board certification in integrative medicine. Dr. Romie brings together Western medicine and Eastern wisdom to help change the conversation on brain and mental health. Individuals and audiences learn to heal the root cause of stress-based illnesses such as insomnia, anxiety, and career-burnout. Her programs bring together her unique wisdom in neuroscience, integrative medicine, and mindfulness.

Dr. Romie completed her medical training at the Medical University of South Carolina, University of Pittsburgh Medical Center and the University of Michigan where she won numerous teaching and research awards. She previously served as faculty at the Medical College of Wisconsin. After surviving career burnout and undergoing life-saving surgery, she traveled the world learning various yoga and mindfulness techniques.

Dr. Romie is a highly sought after professional speaker, teaching the medicine behind mindfulness to groups and corporations. She is an expert contributor in national and local media outlets such as Fox Business, The Huffington Post, Fox 35 News-Orlando, and NPR. Dr. Romie shared her story and wisdom during her TEDx Talk "The Powerful Secret of Your Breath." When not speaking around the country, she heals clients at the Center for Natural and Integrative Medicine in Orlando, Florida.

Short Bio:

Dr. Romie Mushtaq, MD is a traditionally trained neurologist with additional board certification in Integrative Medicine. She completed her medical training at the Medical University of South Carolina, University of Pittsburgh Medical Center and the University of Michigan. She previously served as faculty at the Medical College of Wisconsin.

After undergoing life-saving surgery, she traveled around the world learning mindfulness-based techniques and now helps individuals achieve brain & mental health holistically at the Center for Natural & Integrative Medicine in Orlando, Florida.

Dr. Romie's expertise has been featured on TED talks, Fox News, NBC, NPR, The Huffington Post, and dozens of other national media outlets. Dr. Romie combines her unique expertise in neuroscience & mindfulness as a highly sought after speaker to teach stress management and mindful leadership to Fortune 500 companies, universities and groups around the country. She is currently writing her first book "Busy Brain Cure: Mindful Medicine to Cure Anxiety, Attention disorders, & Insomnia."

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For more information, testimonials, and videos:

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