

FOR RELEASE: Immediate

NEW THERAPY HAS ANCIENT ROOTS

Innovative Chinese Therapy Being Researched at the University of Oregon

(Plano, TX) - One of the newest healing therapies is not available in America yet even though it's one of the most researched. Developed twenty years ago in China, Integrated Body-Mind Training (IBMT) is based on Traditional Chinese Medicine. It combines several mind-body techniques including body relaxation, breath adjustment, mental imagery and mindfulness training in a music-filled environment for maximum effect.

This new form of meditation, some call it a type of mindfulness, was recently featured in the *Proceedings of the National Academy of Sciences* for its ability to produce significant results in as little as one week. In the published study University of Oregon students were trained in IBMT for 20 minutes per day for five days. Test results shows that IBMT led to lower levels of the stress hormone cortisol along with lower levels of anxiety, depression and fatigue compared to the control group in the study.

Traditional forms of meditation require years of practice and training to achieve health benefits. In contrast, IBMT produces positive structural changes in brain connectivity in as little as 11 hours by boosting efficiency in the part of the brain that helps to regulate behavior, including addictive behaviors.

Dr. Yi-Yuan Tang developed the process while he was a faculty member at Dalian Medical University in China. He was the founding director of the first Institute of Neuroinformatics and Laboratory of Body and Mind in China in 2001. He has been studying IBMT in China since 1995 with subjects ranging from 4 to 90-years-old. His research indicates that IBMT is an effective way to improve self-regulation in cognition, emotion and social behavior with as little as five days of training. He's published more than 170 nationally and internationally peer-reviewed articles. Currently he is a visiting professor at the University of Oregon working with Prof. Michael Posner.

Recently Dr. Tang was interviewed by Alan Smith on the podcast program *UnBreak Your Health*. "This is the first time I've had a guest on even though the therapy isn't available in America yet," according to Smith. "But I think it's going to become such an important therapy that I wanted to be one of the first to introduce it." The show is the latest addition to a growing library about complementary and alternative therapies featuring leaders in the field. IBMT is also one of the 339 listings in the second edition of Smith's book *How To UnBreak Your Health* published last June.

Asked why IBMT is so successful so quickly Dr. Tang replied that it's a holistic approach combining mind and body. It also integrates several different relaxation techniques to amplify their effectiveness. He added the continuous use of special music helps to focus concentration and enhance the mindfulness state. The use of a trained coach to supervise students is also important to the quick success. Dr. Tang admitted he doesn't know which element is the most important noting that it may simply be the combination of features.

There are three levels of IBMT ranging from beginner to teacher. IBMT research shows the practice may be beneficial in regulating behavior at school or work and possibly even in treating

drug and alcohol addiction. It also enhances global efficiency in the brain enabling the subject to think more clearly.

Smith expects Americans to flock to IBMT as soon as it's available because of our desire for a fast fix to our problems. However Dr. Tang cautions that "the path is the goal" with IBMT. As soon as he finishes a book and CD on IBMT, and trains enough coaches, the process will be launched in this country.

To learn more about IBMT visit the website at www.yi-yuan.net and to listen to the podcast featuring Dr. Tang visit www.unbreakyourhealth.com.