



Thursday, May 1, 2003

# Integrative medicine topic of FAB Tuesday

By **Jeff Samoray**, OU Web Writer

Good health is about more than medications and pharmacies. Moods, beliefs and attitudes also play a large role in our physical well-being.

Robert Jarski, associate professor of exercise science and director of Oakland University's **Complementary Medicine and Wellness Program**, has devoted his career to exploring the mind-body connection in relation to good health and will speak on new choices for healing the mind, body and spirit at the next FABulous Tuesdays faculty/alumni breakfast Tuesday, May 13, at 7:30 a.m. in the Oakland Center.

The FABulous Tuesdays breakfast series, sponsored by the **Oakland University Alumni Association** (OUAA), brings together faculty, staff, students and alumni four times a year for breakfast and a lecture.

Jarski will discuss the field of integrative medicine as well as new choices for healing the mind, body and spirit in his talk, entitled "New Paths to Health and Healing."

"There are some new ways of looking at health and prevention," Jarski said. "Integrative medicine brings together the best of conventional health care with modalities from other traditions and cultures, such as Oriental medicine, the use of herbs, hypnosis and acupuncture. We have some new information from the field of psycho-immunology and the neurosciences that moods, beliefs and attitudes affect states of health."

Jarski is an expert in education for health and healing, from the curricular level where his students consciously learn to the cellular level where the body learns to heal itself. As a certified physician assistant, he has taken post-graduate training in general surgery and has extensive clinical experience with patients with multiple trauma and cancer. He recently worked at the Heart Disease Reversal program at the University of California-San Francisco Preventative Medicine Research Institute, where he studied the role of connectedness and community among people with cancer. He also has completed specialized training at the Mind-Body Medical Institute of Harvard Medical School, the University of Massachusetts Medical School and other institutions.

"As a physician assistant, I became fascinated by how some patients became well for scientifically unexplainable reasons, and how other patients inexplicably became ill," Jarski said. "That's when I became interested in looking for the signs behind wellness that we might not have known about."

A full breakfast will be served at 7:30 a.m. in the Oakland Center Oakland Room, followed by the presentation at 8 a.m. The cost is \$15 for OUAA members and \$25 for non-members. Seating is limited. To reserve a spot, contact Jamie Simek at (248) 370-3700, ext. 1113, or [ruark@oakland.edu](mailto:ruark@oakland.edu).

## SUMMARY

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