



**Scott Kramer MD**  
Comprehensive, Contemporary, Compassionate Care for Women

## New Year's Wellness Wishes

*If we don't take time to take care of ourselves,  
then we won't be able to take care of those we care about most*

The longer I practice Western medicine (now 26 years), the more I come to appreciate the benefits of Eastern healing practices, especially those addressing the mind-body connection. So as you consider your New Year's resolutions, let me take this opportunity as your women's health specialist to share with you some proven practices that may help improve your life.

[This Simple Brain Chemistry Hack Will Help Improve Your Mind & Mood](#) is an excellent TED Talk that explains the power of your mind. There are some surprising facts about depression that drug companies don't want you to know—and that's a life hack that clinical researcher Steve Ilardi explains. Changes in sunlight, diet and exercise can have enormous and often life-changing affects.

Watch the following story (or read the book) by ABC News' Dan Harris called "[10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works—A True Story](#)". As you learn about Dan's discovery of **meditation**, you may relate to his story and give meditation a try. Another tool I often recommend to those beginning a meditation practice is the [One Minute Meditation App](#). It's an easy way to quiet your mind, take a slow deep breath and focus on mindfulness. This has helped me countless times during the most challenging moments in the operating room.

I have always embraced exercise, and in the past decade I have been amazed at how **yoga** has helped me to perform well in competitive sports and quiet my mind. I struggle with keeping my mind focused during mediation, but yoga's patterned body movements and progression of poses helps me focus. Yoga classes led by a certified instructor are a great way to begin a yoga practice because they ensure you do not hurt yourself and help you build the discipline to hold poses longer. There are also countless videos and phone apps for self-guided stretching.

Finally, [create your sleep sanctuary](#) to improve the quality of your sleep. You have heard the advertisements about how much time we spend trying to sleep and investing in a new bed, but that's just the beginning of making your bedroom a respite to recharge your mind and body.

Wishing you a healthy New Year!

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### Exercise benefits your body & brain

Finally how can you get more benefits from exercise? You're busy and have limited time. [High Intensity Interval Training \(HIIT\)](#) is the most efficient fat burning program that creates an "after - burn" that increases your basal metabolic rate following your workout. This detailed guide will help you incorporate this scientifically proven program into your choice of exercise. Feel better, look better, sleep better.