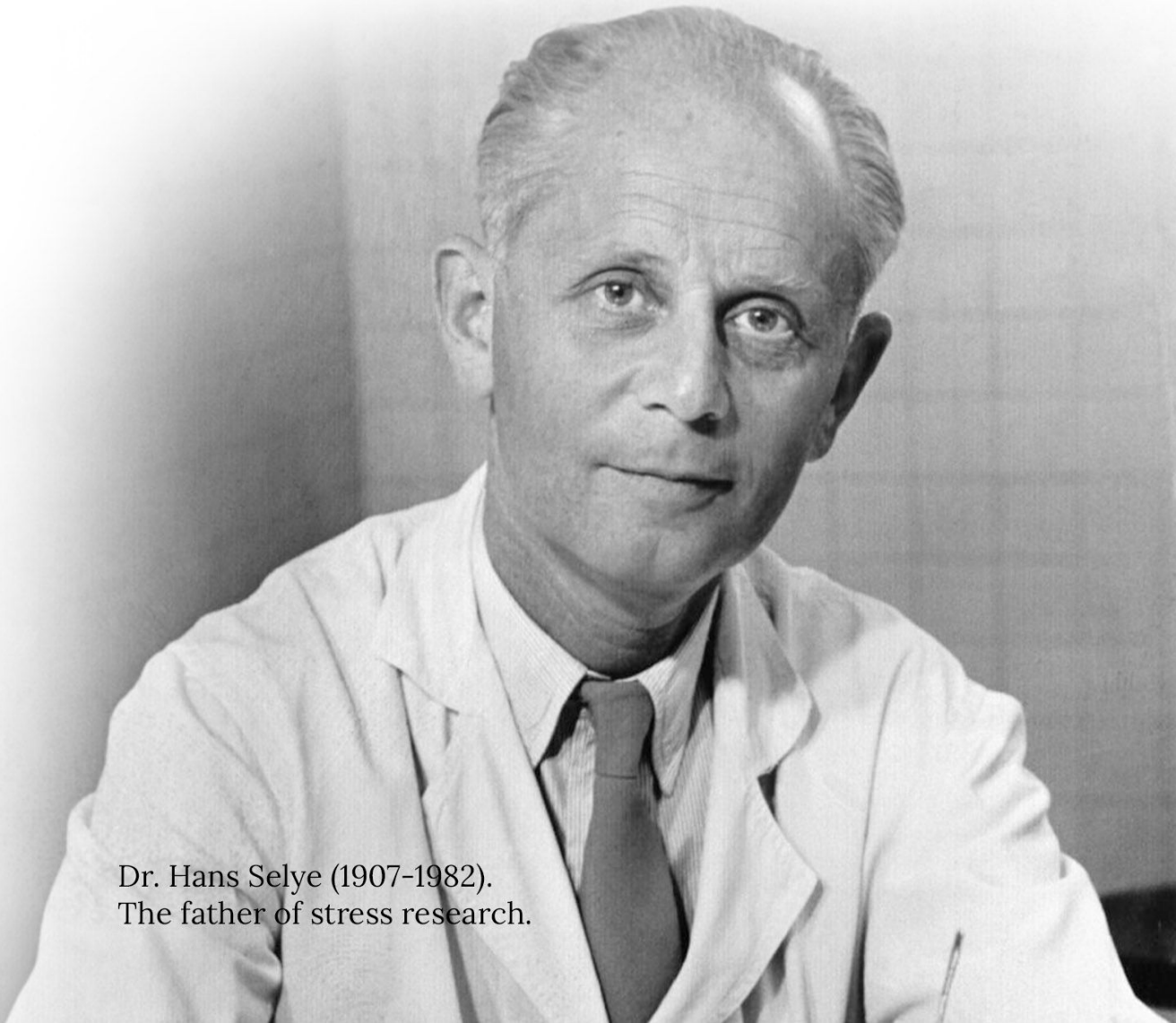


MISMATCHED

Your Brain Under Stress

A revolutionary documentary series exploring stress in our society and what we can do about it.



Dr. Hans Selye (1907-1982).
The father of stress research.

Synopsis

It has been said “If you don’t know what stress is then you’re not alive”. Stress is everywhere. Not all stress is bad. Having no stress means having no purpose in life - which is stressful in itself. However, there are indicators that chronic stress is worse than ever. In America for example, the number of people feeling miserable has increased with increasing economic prosperity. And it's not just America, global trends show an increase in the number of people reporting negative emotions. Our bodies are well adapted to short-term intense stress - the kind of stress that was in our environment for more than two-hundred thousand years, but rapid technological change and other factors have changed our world beyond recognition. Our brains can evolve, but not as fast as our world is changing. This creates a mismatch with our environment. To combat this we need a good understanding of how our brains can get hijacked, what tools we can use to become better aligned and how to move forward towards our full potential.

This six-part documentary series features some of the world’s leading stress experts. Their collective experience stretches from the first use of the word “stress” and the first experiments done on the mind/body connection to the latest research into unravelling the unconscious mind.



Dr. Herbert Benson

Dr. Benson is the Director Emeritus of the Benson-Henry Institute and Mind/Body Medicine Professor of Medicine at Harvard Medical School.

He is a pioneer in mind/body medicine and one of the first Western physicians to bring spirituality and healing into medicine. In his 40+ year career, he has defined the relaxation response and continues to lead teaching and research into its efficacy in counteracting the harmful effects of stress. The recipient of numerous national and international awards, Dr. Benson lectures widely about mind/body medicine. His book, *The Relaxation Response*, has sold over four million copies.



Dr. Daniel L. Kirsch

Dr. Kirsch is the President of the American Institute of Stress. He has four decades of experience in the medical field, including extensive clinical practice experience.

Dr. Kirsch is a neurobiologist and world-renowned authority on electromedicine. Throughout his career he has designed medical devices and their applications and developed clinical systems for implementing pain and stress control technologies. He conducts Grand Rounds at US Army, Navy, Air Force, VAMC's and civilian medical institutions worldwide.

In 1981 Dr. Kirsch founded Electromedical Products International, Inc., who are the manufacturers of Alpha-Stim technology.

Dr. Paul J. Rosch

Dr. Rosch was Chairman of the Board of The American Institute of Stress, Clinical Professor of Medicine and Psychiatry at New York Medical College, and Honorary Vice President of the International Stress Management Association. He completed his internship and residency training at Johns Hopkins Hospital, and subsequently at the Walter Reed Army Hospital, where he was Director of the Endocrine Section. He had a Fellowship at the Institute of Experimental Medicine and Surgery at the University of Montreal with Dr. Hans Selye, who originated the term “stress” as it is currently used, and has co-authored works with Dr. Selye as well as Dr. Flanders Dunbar, who introduced the term “psychosomatic” into American medicine. Dr. Rosch passed away on 26 February 2020. He was 92 years old.



Chief Richard Biehl

Richard S. Biehl is Director and Chief of Police, Dayton, Ohio. He served nearly 25 years in the Cincinnati Police Department in positions including: Officer, Sergeant, Lieutenant, Captain, and ultimately Assistant Police Chief for six years. He commanded both the Investigations Bureau and the Administration Bureau.

Under his leadership, the Dayton Police Department has received recognition as a finalist for the 2010 and 2011 Herman Goldstein Award for Excellence in Problem Oriented Policing and the 2011 Ohio Crime Prevention Association's Special Project Award. In addition, Chief Biehl was the 2011 recipient of Chief Michael Kelly Excellence and Innovation in Policing Award.

Dr. Srini Pillay

Dr. Pillay is a world-renowned keynote speaker, lecturer, author, consultant and Harvard trained psychiatrist. After graduating at the top of his class from medical school in South Africa, he received a Medical Research Council Scholarship to study the neurochemistry of panic. Thereafter, he completed his residency in psychiatry at McLean Hospital Harvard's largest freestanding psychiatric hospital, with the most accolades ever given to a single resident. Sрни also completed fellowships in psychopharmacology and spent 17 years studying functional brain imaging. He also maintains an active clinical practice.



Dr. Evian Gordon

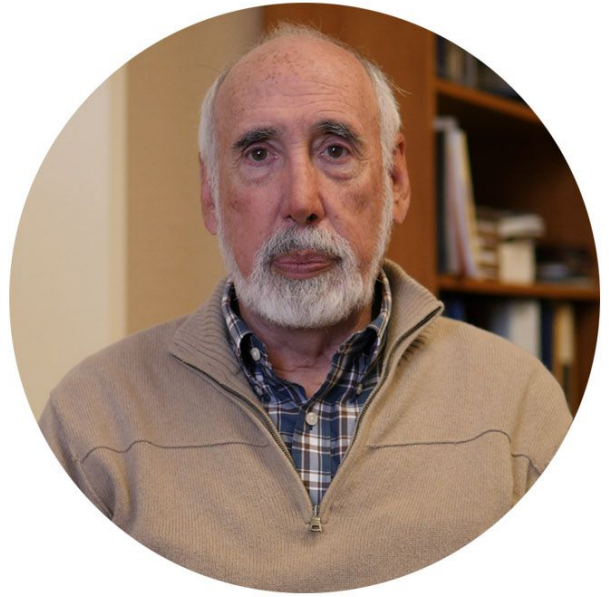
Dr. Gordon is Chairman of the Board and founder of Brain Resource, which integrates brain research from over 350 scientists within leading institutions in 28 countries to encourage peak performance, and address addiction, depression, ADHD and other disorders. He has more than 30 years experience in human brain research and is considered as one of the originators of the field of integrative neuroscience, which consolidates information about how the brain functions at a physical, biological, and emotional level, and brings objective measures to psychiatry. He has published over 300 scientific papers and two books.

Dr. Gordon also established BrainRevolution.org, a non-profit organization to empower children with methods to explore and train their brains.



Dr. Richard Gevirtz

Dr. Gevirtz is a Distinguished Professor of Psychology at Alliant International University in San Diego. He has been involved in research and clinical work in applied psychophysiology and biofeedback for the last 30 years and served as the president of the Association for Applied Psychophysiology and Biofeedback (2006-2007). His primary research interests are in understanding the physiological and psychological mediators involved in disorders such as chronic muscle pain, fibromyalgia, and gastrointestinal pain. In this vein, he has studied applications of heart rate variability biofeedback for anxiety, pain, gastrointestinal, cardiac rehabilitation, and other disorders. He is the author of many journal articles and chapters on these topics.



Dr. Heidi Hanna

Dr. Hanna is the Chief Energy Officer of Synergy Brain Fitness, a company providing brain-based health and performance programs to individuals and organizations. As an experienced speaker, Dr. Heidi Hanna has been featured at many national and global conferences, including the Fortune Magazine Most Powerful Women in Business Summit, ESPN Women's Leadership Summit, and the Million Dollar Round Table. Her clients have included Google, Starbucks, Microsoft, Morgan Stanley, and WD40 as well as the PGA Tour and the National Football League.



Dr. Jean-Ronel Corbier

Dr. Corbier is a Board Certified Neurologist with special qualifications in Child Neurology. He treats all adult and pediatric neurological conditions and has a special interest in working with Autism and related spectrum disorders. Dr. Corbier also works with PANS / PANDAS and is presently conducting research in the area of Neuromodulation and Speech-Language delay. He is dedicated to the study of nutrition and its role in brain related disorders and practices “nutritional neurology”, combining neurology with evidence-based nutritional approaches to improve the overall health of his patients. In addition to neurology, Dr. Corbier is Board Certified in Integrative Pediatrics.



Karyn Buxman, RN

Karyn Buxman is an international speaker, successful author, and neurohumorist (living at the intersection of the brain and humor). Karyn is a pioneer in the field of applied humor, starting with her masters thesis in graduate school and now continues her partnerships with leading neuroscientists. Karyn helps leaders achieve peak performance and optimum health through the art and science of applied humor.



EPISODES

EP 1: Stress and Health

Stress has always been a part of life. But is it getting worse? Are we more stressed today than before? Why are we mismatched?

EP 2: Mind/Body Connection

Our mind controls our physical health. Monks in the himalayan mountains can use their mind to control their body temperature such that they are able to dry soaking wet sheets on their backs in a freezing cold room.

EP 3: Mind/Body Connection II

We are all different, what one person finds stressful, another person finds exhilarating. When we do find something stressful, what are the cascade of events that can ultimately destroy our health? This process starts in the brain with our perception of stress.

EP 4: Resilience for First Responders

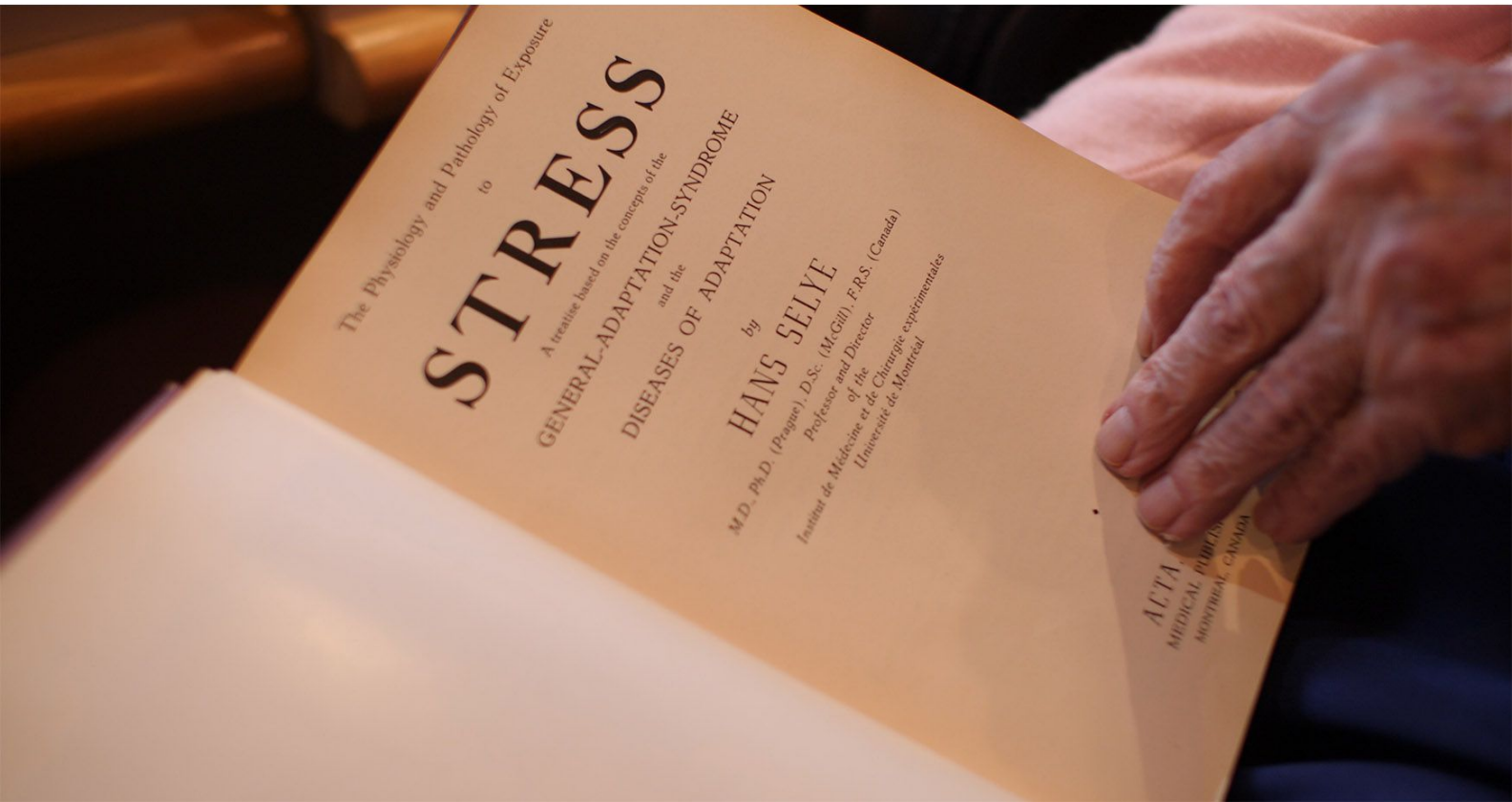
What are the unique stressors experienced by police officers and other first responders? The tools and techniques discussed here can also apply to all of us.

EP 5: Stress is a Funny Thing

Humor is one of the best ways to combat stress.

EP 6: Unlock the Power of the Unfocused Mind

Focus is great, and necessary, but it is during unfocused times that eureka moments occur.





The Filmmaker

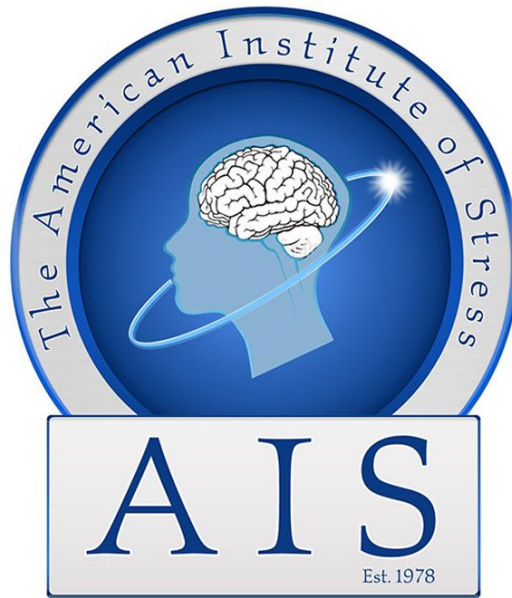
Justin Smith is an independent documentary filmmaker and is the writer/director of *Mismatched: Your Brain Under Stress*.

His previous work includes *Statin Nation* (2012), *Statin Nation II* (2015), *Body Electric* (2017) and *The Brain Electric* (2019). He is also the author of *StatinNation*, the book, published by Chelsea Green in the United States and VAK in Germany.

He has had a number of articles published in major publications, including a leading feature article in the *Sunday Telegraph* about cholesterol and statin medications. Justin has also completed the *Guardian Masterclass in Investigative Journalism*. He is from the UK but travels extensively and has filmed in twelve countries.

 justinsmithfilms.com/contact

 statinnation.com



The American Institute of Stress

The American Institute of Stress (AIS) is the executive producer of *Mismatched: Your Brain Under Stress*.

The mission of AIS is to improve the health of the community and the world by setting the standard of excellence in stress management - in education, research, clinical care and the workplace.

Diverse and inclusive, AIS educates medical practitioners, scientists, health care professionals and the public, conducts research, and provides information, training and techniques to prevent human illness related to stress.

