

## FOR IMMEDIATE RELEASE


September 13, 2011 (Houston, TX): Houston is only a few breaths away from the first annual **BreatheCure Conference**, coming this fall, **October 29, 2011**, to **Rice University Recreation and Wellness Center** (6100 Main Street, Houston, TX). The event supports the illness-to-wellness community with educational classes and lectures for participants of all ages and fitness levels to use as a means of enrichment and healing. It's a **FUNDamental** day of bringing like-minded folks together in a place of healing harmony.


Founded in 2007, **Breathe the Cure®**, is a 501c3 non-profit organization dedicated to bringing educational awareness to the general public about the benefits of breathing techniques, meditation, and yoga. The **BreatheCure** Conference curriculum was chosen specifically to serve as prevention and complementary treatment of cancer and other illnesses and to offer alternative wellness techniques to professionals and the general public as integrative medicine emerges into mainstream treatment protocols.

Of special mention, BTC is donating twenty percent of all proceeds from the conference to **Pink Ribbons Project**, a Houston-based nonprofit that saves lives and improves the quality of life for those touched by breast cancer. Sisters **Jane Weiner** and **Susan Rafte** co-founded Pink Ribbons in 1995 and will be sharing their story. Susan is not only a multi-year cancer survivor, but the Survivor Founder of Pink Ribbons Project. She works closely with Jane, now the Artistic Director, to educate the community about breast cancer through the mediums of dance and the other arts. Susan and Jane will speak at the conference and be honored at the Friday night dinner for their amazing work in Houston.


**BreatheCure** Conference has slated countless health experts, artists, healers and survivors to offer their experience and knowledge. Find a list of our 2011 presenters at <http://www.btcconference.com/presenters.html>


Here are just a few:


 **Dr. Gregory Burzynski** will be speaking about the very latest in cancer treatment and medical breakthroughs in cancer research. Dr. Burzynski joined the medical team at the **Burzynski Clinic** in the summer of 2010. He is now the Vice President of the Burzynski Clinic and oversees many operations. Dr. Burzynski graduated from the University of Texas at Austin with a Bachelor of Science in Neurobiology and later studied medicine at the Jagiellonian University Medical College in Krakow, Poland. He finished his internal medicine residency at the University of Texas at Austin and is Board Certified in Internal Medicine. Dr. Burzynski has been involved in co-authoring publications regarding Antineoplastons. Currently, he is a member of the Texas Medical Association, Harris County Medical Association, American Medical Association, American College of Physicians and The Society of NeuroOncology. Dr. Gregory Burzynski's goal is to optimize personal medicine at the Burzynski Clinic and continue future advancements in Antineoplaston technology.


 **Keynote Speaker:** Award-winning investigative food journalist **Barry Estabrook**, author of *Tomatoland: How Modern Industrial Agriculture Destroyed Our Most Alluring Fruit*, explains how tomatoes have gotten to their current tasteless, nutrient-deficient state and how we can fix the problems. Grown out of season to supply distant markets, dependent on a witch's brew of pesticides and chemical fertilizers, and produced

under some of the most abusive labor conditions in this country, the modern agribusiness tomato is a "poster child" for many of the ills facing our industrialized food system.

 **Alejandro Chaoul-Reich** is a senior student of Tenzin Wangyal Rinpoche and has studied since 1989 with many Tibetan Bon and Buddhist masters. Alejandro is the director of research at Ligmincha Institute and additionally serves as director of Ligmincha Texas Institute for the Tibetan Meditative and Healing Arts, Houston, [www.ligminchatexas.org](http://www.ligminchatexas.org). Alejandro teaches meditation to cancer patients and their supporters and is involved in research using *tsa lung trul khor* with cancer patients at the University of Texas MD Anderson Cancer Center in Houston. He is also an assistant professor at the John P. McGovern, M.D., Center for Health, Humanities, and the Human Spirit and the U.T. School of Medicine in Houston. Alejandro received his Ph.D. in Tibetan religions from Rice University and is author of *Chod Practice in the Bon Tradition*, Snow Lion, 2009.

 **Dr. Lorenzo Cohen** is a faculty member at the M. D. Anderson Cancer Center and is a professor in the Department of Behavioral Science, Director of the Integrative Medicine Program, and Chief of the Section of Integrative Medicine in the Department of General Oncology. Dr. Cohen is a founding member and immediate past president of the Society for Integrative Oncology and Editor-in-Chief of the Journal of the Society for Integrative Oncology. He is principal investigator of a center grant from the National Cancer Institute to conduct collaborative research projects with Fudan University Cancer Hospital in Shanghai, China, that is exploring the use of traditional Chinese Medicine for cancer. He was the recipient of the 2007 International Scientific and Technological Cooperation Award of Shanghai Municipality and the 2008 Magnolia Memorial Award for his contributions in furthering research into the use of traditional Chinese medicine.

 International best-selling author, **Gary Quinn**, shares his valuable insights and knowledge with a worldwide audience via his self-help, motivational books, audio CD's, TV appearances & radio appearances, and numerous world-wide speaking engagements & seminars. Several of his recent books have become a best-sellers in this field and are acknowledged as essential tools for those seeking to improve their lives by enhancing the mind, body and spirit. **Gary Quinn** is often, and perhaps best described, as an inspirational "Intuitive Life Coach". His efforts have been called "life changing". His goal is helping people take control of their lives and to make their life experiences better and more fulfilling. Gary is the founder of the Touchstone For Life Coaching Certification Program™ and The Angelic Intervention™ Coaching Program, which trains, transforms & empowers individuals to create fulfilling lives. His teachings have been embraced by people from all walks of life including entertainers, athletes, and corporate leaders. Among his many clients are Academy Award winners, Grammy winners, and Olympic Gold medal winners. Among his corporate clients are MSNBC, Mattel Toys, Diesel, Indigo corporation.

 **Dr. Laura Pressley** holds a Ph.D. in Chemistry from U.T. Austin and will lead a discussion on how critical chemical-free drinking water is to the health of adults and children. She will discuss the chemicals in Houston's tap water, their health effects, and how various filtration processes can reduce and remove these dangerous chemicals. There are many filtration systems on the market and we'll share the pros and cons of Reverse Osmosis, Ceramic Filters, along with others and how these systems operate and their effectiveness. She will share chemical testing data on various sources of drinking water and show how rain water provides the purest and cleanest supply of water for drinking, bathing and gardening and how one can access this abundant resource.

- ✚ **Purple Songs Can Fly** is a unique project that provides a musical outlet for the many children being treated for cancer and blood disorders at Texas Children's Cancer and Hematology Centers and their siblings. In this program, which is the first of its kind, the children work with founder, **Anita Kruse** and other professional composers to write and record their own songs. In an in-house studio, composers work with the children individually or in small groups to write, record, and burn songs to disc within short sessions.
- ✚ Teacher and author **Nicolai Bachman** will be presenting “Yoga Philosophy and Ayurveda for an Open Heart, Clear Mind and Healthy Body” at the BTC Conference. Bachman has been teaching Sanskrit, ayurveda, chanting, and yoga-related topics since 1994. He studied extensively at the American Sanskrit Institute, VagYoga Institute in India, the American Institute of Vedic Studies, and the Ayurvedic Institute. He holds an M.A. in Eastern Philosophy, an M.S. in Nutrition, and is **eRYT500** certified.
- ✚ **Marije Miller**, Trainer and Coach at **HeartMath LLC**, will explain how stress affects your body, teach you some helpful tools to use for yourself or clients, and demonstrate the award winning emWave® technology. HeartMath is a cutting edge stress reduction company, which offers training to Fortune 100 companies globally to reduce health care costs and staff turnover. HeartMath is a system of scientifically proven techniques and technology that teaches people emotional management and stress reduction.
- ✚ Author, speaker, psychotherapist/life coach, **Angela Caughlin** is also speaking at the BTC Conference. Based on her popular new book, ***Journaling Through: Unleashing the Power of the Authentic Self***, Caughlin discusses ways to unfold the connections between the brain, the body and our own personal stories and how to use journaling as a healing modality and powerful transformational tool to navigate change.
- ✚ **Michael Brant DeMaria, Ph.D.** is a two-time Grammy Nominee, Sounds True recording artist and award winning composer Michael Brant DeMaria is a multi-instrumentalist, psychologist, author and speaker whose performances and presentations touch his audience and listeners with his sincere and heartfelt music and soul stirring message of rejuvenation. Michael’s music has both a magical quality of simplicity as well as an ancient sense of timelessness and eternity. His last three albums *Siyotanka*, *Ocean* and *Gaia* all reached number #1 on the New Age Charts and have won 5 prestigious ZMR awards including *Gaia* recently winning *Album of the Year for 2010*. His music is regularly heard on XM Radio, Echoes and Soundscapes as well as across the world from Russia to Australia. He recently released the first in a series of recordings on the Sounds True label *In The Flow: Music for emotional healing*.

Michael’s love of music started early when only seven-years-old, Michael began using music for his own healing from surgery trauma. From the beginning Michael found true joy in improvising and creating his own music and he loved how creating sounds helped him feel more alive and at times even took him to another world. His dream and vision from a young age was to share this healing music with others.

DeMaria went on to graduate school at Duquesne University where he received his Masters at age 21 and his PhD when he was 24. While his academic focus was on psychology, his passion remained music and he began researching and exploring sound healing techniques with his clients and himself. DeMaria’s first commercially available album, *The River*, debuted in 2003. It received international airplay and acclaim as a top album for music therapy, massage, meditation, relaxation, stress management and visualization. The album also was the first release in DeMaria’s *Ontos Healing Sound Project*.

Michael has been the featured musician for renowned poets Robert Bly and David Whyte and has also played with Grammy winning musicians such as mentor, teacher and friend David Darling. Michael has also become well known for his unique, interactive presentations and keynote concerts where he engages his audience with opportunities for them to enter *the healing flow* through laughter, relaxation, movement and visualizations designed for facilitating deep levels of peace, joy and rejuvenation.

- ✚ Yoga luminary and cancer survivor **Laura Kupperman** will be sharing her series of classes, Yoga for Survivors™, a program that evolved from her own cancer diagnosis in 2003. Kupperman is a yoga instructor and yoga therapist, trained to work with adults and children, and is registered with Yoga Alliance at the E-RYT 500 level. Her specific training includes: Bikram (Hot) Yoga, Yoga for the Special Child, Yin Yoga, Pre-Natal Yoga, the Essentials Immersion with Richard Freeman, and ongoing training with Rod Stryker. Additionally Kupperman trained for more than 1,000 hours to become certified as a Professional Yoga Therapist through Integrative Yoga Therapy.
  
- ✚ 90.1 KPFT Pacifica Radio host **Larry Payne** is bringing “Be the Change Houston” (Pacifica Radio – Interchange & Dialogue (Houston) to the BTC Conference. Payne has 34 years of experience in public service, education and not-for-profit leadership. He has served as President and CEO of Houston Habitat for Humanity and as Chairman of the Education Foundation of Harris County. Payne has held positions in city, state and congressional government, including stints as District Director for congressmen Mickey Leland and Chris Bell, Deputy City Controller under former Houston Controller George Grenias, and Director of Houston City Council’s agenda under former Houston Mayor Kathy Whitmire. He has received the Knights of St. Peter Claver Justice award – a national honor – for outstanding community service.
  
- ✚ Board Certified in both Family Practice and Holistic Medicine, **Dr. Nellie Grose** will offer her expertise in the field of healing. Dr. Grose began her career as a full-time, academic member at Baylor College of Medicine, Houston. She graduated from the University of Saskatchewan, Canada, and has had formal training in epidemiology and family therapy, leading her to a Masters in Public Health from the School of Public Health, the University of Texas Houston, and to certification in Family Therapy by the Houston-Galveston Family Institute. Her deep interest in patient care is reflected in her practice, where she combines complementary therapies with traditional treatments. “I emphasize preventive medicine, because a patient's lifestyle and daily habits create the conditions for health or disease.”
  
- ✚ **Feather Jones** is a Registered Clinical Herbalist who integrates herbal remedies, holistic nutrition, flower essences and stress reduction guidance. Her 30 year career in teaching, clinical practice and ethical wildcrafting coupled with a background in Mandan tribal teachings, provides a synergistic approach to health and healing as Earth Centered Herbalism infuses her teaching style. She is Adjunct Professor at the Southwest College of Naturopathic Medicine and offers classes in Western Herbal Medicine open to the public as well as various gatherings and conferences around the country.

A list of the other presenters can be found here: <http://www.btcconference.com/presenters.html>

The 2011 *BreatheCure* Conference is a collaboration between Breathe the Cure® founder, yoga professional and legislative yoga advocate **Jennifer Buergermeister** from **Jennyoga/CuraYoga** and the **Texas Yoga Conference**, who partnered with **Amy Garratt** and **Julie Byrd**, co-founders and Yoga Studies Directors of **Balance Your Body Yoga** as well as **BYB Pink Ribbon Recuperative Yoga**. Of the first annual BTC Conference, Jennifer states, “We believe that

change comes from a healthy mind, body and planet. This year's conference supports integrative medicine, deep breathing techniques and mindfulness as a healthy lifestyle and a tool that helps alleviate many symptoms of disease.”

Registration for the 2011 *BreatheCure* Conference is \$175.00 for the general public and \$150.00 for students, teachers, and seniors. To register, please visit [www.btconference.com/register](http://www.btconference.com/register) or call 713-839-9642. Students of Rice University, UH, Baylor or UST can get a 50% discount if they enroll via email to [info@breathecure.org](mailto:info@breathecure.org). Jenny will send a direct link to pay with proof of student id.

The BTC Conference will be held at Rice University Recreation and Wellness Center, Saturday, October 29, 2011. The event kicks-off with a VIP Party and FUNdraiser from 7:00 - 10:00 pm, Friday, October 28, 2011 at Café Moustache on Westheimer Road in Montrose located at 507 Westheimer Road, Houston, TX 77006 - (713) 524-1000. Doors will open at Rice University's Gibbs Recreation and Wellness Center on Saturday at 8:30 a.m. with the first session beginning at 9 a.m. Event ends at 8 p.m. Performance by the Houston Ballet at 7 p.m. Saturday night to end the event with a Pink Aware Splash!

2011 BTC Conference Sponsors include: Breathe the Cure, Texas Yoga Association, Texas Yoga Conference, Balance Your Body Yoga, Jennyyoga/CuraYoga, YogaOne Studios, Wisdom & Co., New Living, Luke's Locker, OneYoga USA, Pink Ribbon Recuperative Yoga Training, 002 Magazine, Kingwood Yoga and Wellness Center, Yoga 4 Kids, Expedition Balance, Origin. Magazine, JCC Houston, Yoginos: Yoga for Youth, Ligmincha Texas Institute, Yoganonymous, Luna Bar, Body Dynamics, The Motherhood Center, Ekam Yoga, Mind Body & Soul, Sedona Tea Blends, Pure Rain, PerfectMind Yoga, Your Body Center and Aerobifit.