Romila “Dr. Romie” Mushtaq, M.D., ABIHM, is a traditionally trained neurologist with additional board certification in integrative medicine. Dr. Romie helps individuals and audiences learn to heal from stress-based illnesses such as insomnia, anxiety, and career burnout. Her innovative program, Mindset Matters, is based in neuroscience, positive psychology, and mindfulness. Dr. Romie completed her medical training at the Medical University of South Carolina, University of Pittsburgh Medical Center and the University of Michigan where she won numerous teaching and research awards. She previously served as faculty at the Medical College of Wisconsin. After surviving career burnout and undergoing life-saving surgery, she traveled the world learning various yoga and mindfulness techniques. Dr. Romie is a media expert analyst and regular contributor in national and local media outlets. She shared her journey in a TED Talk is “The Powerful Secret of Your Breath.” When not speaking around the country, she heals clients at the Center for Natural and Integrative Medicine in Orlando, Florida.

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