

--For Immediate Release--

New Book to Announce a Revolutionary New Therapy for Treating Pain and Stress

“The Autonomic Healing of Self- Dr. Ajrawat’s Air-Pulse Autonomic Meditation Therapy”

Washington, D.C., Aug. 29, 2010: In his new book to be published this fall, Dr. Paramjit Singh Ajrawat, M.D., Director of the Washington Pain Management Center, announces a new and revolutionary approach for treating emotional and physical pain. *The Autonomic Healing of Self: A Breakthrough Self-Administered Cognitive and Medical Therapy for The New Age* offers hope to millions suffering from pain, stress, anxiety, depression, headaches, panic attacks, phobias, ADD, ODD, PTSD, drug addiction, alcoholism, and other psychological problems.

Dr. Ajrawat is the inventor of Autonomic Meditation Therapy, a self-administered therapeutic treatment that goes beyond traditional meditation by activating the body’s natural healing powers. It is a scientific and non-denominational medical therapy, based not on religious beliefs or spiritual practices, but on a systematic understanding of how the body’s nervous system processes physical and emotional pain, and how each of us has the power to activate the body’s ability to calm and restore itself.

For years, as part of a comprehensive pain treatment plan, Dr. Ajrawat has taught patients suffering from common emotional problems, as well as from chronic physical pain, how to use Autonomic Meditation Therapy, with outstanding results. By stimulating the radial pulse during meditation, the patient activates the afferent mechanism of the body, which in turn activates the healing powers of the parasympathetic nervous system. This sets in action physical and chemical responses in the body that calm the mind and lead to lowered heart rate, increased circulation, and healthy balances in brain chemistry.

Dr. Ajrawat’s invention is based on cutting edge research that shows how imbalances in brain chemistry can lead to emotional disorders, and how a correction in brain chemistry through scientifically based meditation can make people mentally and physically empowered, while healing chronic physical and emotional problems. Everyone, healthy or unhealthy, can self-administer Autonomic Meditation Therapy at any time to improve or strengthen mental and physical health, as well as cognition, insight, self-esteem, and self-confidence. The ultimate goal is for the individual to be aware and self empowered.

At the same time, Autonomic Meditation Therapy can be used in combination with more traditional treatment methods, such as psychotherapy and medication, to address more serious and complicated emotional and psychological problems, such as post traumatic stress disorder (PTSD), attention deficit disorder (ADD), obsessive-compulsive disorder (OCD), schizophrenia, and others

As new brain research shows, most psychological disorders are the result of structural changes in the brain. Any individual can develop problems in brain circuitry, which can perpetuate negative thoughts and behaviors and exacerbate physical illnesses. Autonomic Meditation Therapy breaks that cycle by literally washing away flawed circuitry, while establishing new circuits and links in the memory cycle. In short, Autonomic Meditation Therapy cleanses mind and body from old and negative conditioning.

“My invention holds great promise,” says Dr. Ajrawat, “not only as an adjunctive treatment for alleviating pain and associated stress, but as a stand alone therapy for millions who suffer from various types of psychological and psychiatric disorders. It opens a new frontier in pain management, offering a proven, scientific alternative to traditional therapies, such as psychotherapy and medication, which often fail to help many people with their ills. Autonomic Meditation Therapy is easy to learn, and an individual can self-administer it at any time.

“My invention is based on thorough scientific research and a long track record of working with patients,” added Dr. Ajrawat. “If you correct the physiology, then the psychopathology will automatically be corrected. The results seen in my patients over the last 15 years are ample proof of that fact.”

Dr. Ajrawat’s book describes how Autonomic Meditation Therapy can be used by itself to improve self-esteem and self-confidence, or in conjunction with his Dynamic Model of Pain Relief, a multi-modality strategy for treating a wide range of psychological and emotional ailments.

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