



wisdom property

Dr. Jason Marr is a Naturopathic Doctor, Performance & Productivity Coach, Expert Health & Wellness Speaker, and Director of Evoke Integrative Medicine Ltd. in downtown Vancouver, BC. He arms urban professionals with the pragmatic tools to maximize performance, productivity and resilience. Using an evidence-informed, holistic and integrative approach, Dr. Marr is a productivity and performance coach for anyone who is striving to be awesome.

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urban resilience: how to thrive in a world built to burn you out

In an ever-changing world that is only getting faster and advancing technologically, it's becoming more clear everyday that our bodies are not built for the world that we live in. Keeping up with this quickly changing world is more difficult everyday and the pace of change is contributing to higher stress levels and increased incidence of burnout in the workforce and worse; increases in the diagnosis of chronic diseases. We need new strategies for maximizing our energy and productivity levels and our resilience to stress.

In this engaging and empowering presentation, Dr. Marr will shed light on the history and downfalls of the "work-hard, play-hard culture" we've enabled, and deliver the keys to success in maximizing performance and productivity in spite of an ever-evolving world that is only getting faster and more complicated.

diet does not equal nutrition: its' not good enough to just eat well

Sometimes, it's your "healthy" diet is actually causing your stress, fatigue & burnout - Just putting food into your mouth doesn't necessarily mean that you're acquiring its nutrition! Dr. Marr will explain the difference between diet and nutrition, and arm you with real-world tools toward becoming stronger, smarter and healthier through pragmatic diet and lifestyle hacks.

the cortisol connection: it's not the devil you think it is

Cortisol gets a bad name when it's related to our culture of stress. But understanding its purpose and functions at a physiological level can help us leverage it to maximize our health and optimize our personal resilience. Cortisol is connected to stress, weight, fat, immunity, libido, but its fundamental purpose in your body might surprise you. Dr. Marr sheds light on a responsible way to view, and manage, cortisol and stress to optimize our personal health.

the adaptation maxim: build resilience and let your body and brain thrive

"Balance", in the urban and corporate world, has become about working hard and long hours, and still adding a gym workout or jog on top of our typical day's stress. But in any system, improvements are only ever achieved when that system has a stress applied to it - but more importantly - the opportunity to adapt is given. Dr. Marr describes the culture of burnout, stress and anxiety that we have created with this "work hard, play hard" attitude, and provides the shift and motivation that is required to truly find real "balance" in our world.

nutrigenomics: the cutting edge of personalized medicine

Medicine is at a turning point in history, where conventional treatment options are finally being integrated with scientifically proven, more traditional and holistic approaches. More importantly, an understanding that medicine must be adapted to personal context and environment has created the opportunity to leverage the science of genetics in maximizing health and wellness. Dr. Marr introduces the concepts of genomics, especially as applied to diet, lifestyle and fitness, and shares some of the most recent understanding in the most exciting genes relevant to our health.

imagery training: this is *not* meditation

Visualization isn't just for athletes anymore. Applying the psychological tools historically only sought after in the elite sporting world in an urban, personal and corporate environment is one of the secrets to personal and business success amongst entrepreneurs and business leaders worldwide. Dr. Marr positions imagery training, also known as mental rehearsal or mental visualization, as distinctly different from meditation or mindfulness. While everybody can leverage imagery training to manage stress and anxiety, while maximizing energy, motivation and productivity, like any other skill, it must be practised. In this presentation, the core factors in developing imagery training are explored.

roots of all evil: the mechanisms behind all chronic disease and dysfunction

When considering chronic disease and dysfunction from an upstream perspective, Dr. Marr considers the possibility in this presentation that there are only three underlying processes that contribute to these diagnoses in medicine and healthcare. By understanding how disease and dysfunction occur in the body at this fundamental level, we can impact positive downstream change by addressing upstream causes.

sibo: it's probably not irritable bowel syndrome

Dr. Marr discusses the worst health tip that your doctor has been telling you for years will help you lose weight, but that might be contributing to your gas & bloating. For decades, irritable bowel syndrome, commonly known as IBS, has been a diagnosis of exclusion. But over the last half-decade, a better understanding of the mechanisms behind these digestive symptoms has been elucidated, and it's taking the medical world by storm. Dr. Marr discusses why over 80% of IBS diagnoses are actually SIBO, and what we can do to manage and alleviate this condition.

what is naturopathic medicine: the evolution of personalized medicine

Naturopathic medicine is in a reboot and is currently undergoing an evolution. Our workforce is acutely seeing personalized approaches to medicine and the integration of modern technological advances with traditional, natural and effective treatments. In this overview of Naturopathic Medicine and its fundamental principles, Dr. Marr positions his profession as an integrative, synergistic and holistic system that employs science- and evidence-informed research, a personalized style of problem solving, and a coaching philosophy toward empowerment.



Additional topics for consideration:

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the tipping point of naturopathic medicine: a mission for social proof

Marr principle, inflammation ,oxidative stress, blood sugar variability

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proactivity over reactivity: live for something great

Proactivity of prevention and reactivity, fear based, start living for something great and moving towards a positive... take action now to prevent something bad from happening versus taking action now to create something great.

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how to stay young forever: and keep being awesome

Marr principle, inflammation ,oxidative stress, blood sugar variability

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mom warrior dad hero: how to be your best for your kids

Marr principle, inflammation ,oxidative stress, blood sugar variability

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debunking nutrition:

Marr principle, inflammation ,oxidative stress, blood sugar variability

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debunking supplements:

What's in your supplements, how to pick a good....