

# Podcast Media Kit

*Dr. Romie*

To schedule an interview: Jimmy Dwyer | jimmy@dalynmillerpr.com | m. 703-772-1495

I'm pleased to introduce **DR. ROMIE MUSHTAQ, MD**, an integrative neurologist, award winning speaker, and Chief Wellness Officer for a large global corporation. Alongside her National USA Today, Amazon, Audible Best-Selling book, **THE BUSY BRAIN CURE: The Eight-Week Plan to Find Focus, Tame Anxiety & Sleep Again [Harper Collins | January 9, 2024]**, Dr. Romie stands as a leading authority in stress management and workplace wellness leadership serving professional athletes, Fortune 500 companies, and global organizations.

*The Busy Brain Cure* is not just a solution, it's a revolution for high performing individuals and teams. I'd like to book Dr. Romie to tackle a pressing issue: "Busy Brain" syndrome: chronic stress that leads to adult onset ADHD, anxiety, and insomnia. The dangerous glorification of stress and burnout has far-reaching consequences for leaders and their teams. This crisis is affecting productivity, performance, and mental well-being across the corporate landscape, and it is robbing us vital sleep and leading to chronic disease and death.

The urgency for a solution is palpable. In a world still grappling with the aftermath of a pandemic, stress levels are at an all-time high. The "Busy Brain" syndrome isn't just a personal issue; it's a leadership crisis that impacts entire organizations. Dr. Romie's brainSHIFT Protocol offers a groundbreaking, actionable approach that individuals and leaders can implement immediately for both immediate relief and long-term wellness.

Dr. Romie is a sought-after speaker and author, featured in outlets like NPR, Forbes, Fox News, NBC, and is a TEDx speaker. Her expertise is not just academic; it's practical, actionable, and urgently needed in today's high-stress work environments.

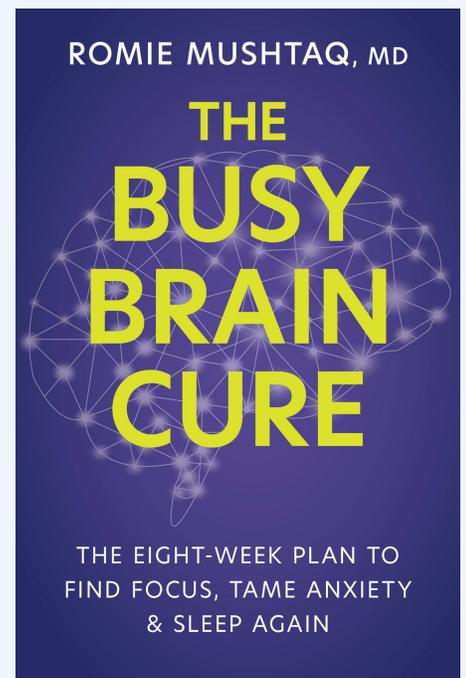
Please let me know if we can schedule Dr. Romie for an interview that promises to be both impactful and timely. My hope is to coordinate the episode drop date during the first two weeks of January or shortly thereafter, if possible.

Thank you for your consideration,  
Jimmy Dwyer  
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**Dr. Romie Mushtaq, M.D., ABIHM**



**Harper Collins | January 9, 2024**



Romie Mushtaq, MD, ABIHM

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*Dr. Romie*



# Podcast Interview Guide

Here are some questions that Dr. Romie is prepared to answer:

- What inspired leave medicine as a practicing neurologist to do your current work?
- Why is the trend of glorifying stress and burnout so dangerous?
- How does a "Busy Brain" impact productivity?
- What sets the brainSHIFT Protocol apart?
- What should leaders know about stress management today?
- Can you share a quick tip for immediate relief from a "Busy Brain"?
- Why do you advocate for a Chief Wellness Officer?
- How can wellness be integrated into leadership?
- What are the key components of the brainSHIFT Protocol?
- How does stress affect physical health?
- Are certain industries more prone to "Busy Brain" syndrome?
- How can organizations measure the ROI of wellness programs?
- Where can listeners start their journey to cure their "Busy Brain"?

Dr. Romie is a board-certified physician, award-winning wellness speaker, and the founder of "brainSHIFT at Work." She brings together over 20 years of leadership and expertise in neurology, integrative medicine, and mindfulness to deliver programs and create cultural change.

She is on a mission to transform mental health and wellness in the workplace and currently works with Fortune 500 companies, professional athletes, & global associations. Her National USA Today, Amazon, Audible Best-Selling book, "*The Busy Brain Cure*," was released by Harper Collins in January 2024.

Currently, Dr. Romie is the Chief Wellness Officer for Great Wolf Resorts, having previously expanded a mindfulness and wellness program to over 7,000 employees at Evolution Hospitality. Her expertise is featured in national media such as NPR, NBC, TED talks, and Forbes. Find the cure for your Busy Brain at [drromie.com](https://drromie.com) or @drromie on social media.

300+ clients have introduced brainSHIFT to their teams:



 <https://drromie.com/>

 <https://www.linkedin.com/in/drromie/>

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