

## Workshop on Lifestyle Management

*Chairperson: G Monroe*

### Coffee and Your Health

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Coffee is the number one most widely consumed psychoactive drug, legal and unregulated, in the world.

Research confirms that there is no cause/effect and no connection to heart disease or cancer with pure, pesticide-free, untreated coffee. The association with bad health is usually in people with high-risk habits like smoking, alcohol abuse, hard and prescription drugs, additives (milk, cream, sugar) and pesticide treated trees.

Much of coffee's bad effects are related to dosage, frequency, concentration, response *ie* the genetic sensitivity in the way it is metabolized, and other associations. The coffee drinker may have a poorer diet, less exercise and fewer protective genes than the non-coffee drinker.

Though all Caribbean and Latin American coffee beans derive from the strain in Martinique, the Hispanic, French and Dutch countries are caffeine lovers while the British Caribbean is still steeped in tea.

Caffeine is a white crystalline xanthine alkaloid central nervous system stimulant with diuretic properties. It contains numerous minerals, vitamins and phytochemicals which exhibit strong antioxidant activities. Its mechanism of action at the biochemical cellular level is one of psycho-stimulation which results in increased brain activity, release of feel-good hormones, vasodilation and smooth muscle relaxation, and which ultimately leads to increased heart rate and lung bronchiole relaxation.

While benefits can be realized from two cups a day or less, more than two cups daily may lead to anxiety, dehydration, weight gain, osteoporosis, hypercholesterolaemia, changes in heart rhythm and insomnia. Six to eight cups a day may cause psychosis, disorientation and dysrhythmias. Higher than 80 cups a day may cause death by ventricular fibrillation.

### Customer Service in Barbadian Ophthalmic Practices

*S Greenidge*

*Barbados Institute of Management and Productivity*

*St Michael, Barbados*

The Barbados Institute of Management and Productivity, after discussion with the Caribbean Ophthalmology Association, conducted research to examine the level of customer awareness and satisfaction with eye-care services in Barbados. While all participants currently reside in Barbados, some persons have had interaction with eye-care specialists in other Caribbean countries.

The aim of the survey was to take a closer look to identify which eye-care services were utilized, if persons were aware of the different categories of eye-care specialists and the level of satisfaction patients felt with their eye-care providers. The main focus was on the perception of persons of the customer service experience with their eye-care professionals. The survey targeted 1405 persons.

### Bounce Forward: The Three-step Formula to Overcome Adversity No Matter What

*K Onu*

*Beachmont Eye Institute Center for Inner Vision*

*Kingstown, St Vincent and the Grenadines*

Have you every fallen down in life? Want to turn adversity into opportunity and success? Do you want to eliminate worry and stress in your life?

Imagine turning things around very quickly. Bouncing forward faster than before, living a life of joy, love and peace while achieving good health, relationships and abundance.

As medical doctors, we are faced with stressful situations on a daily basis. The situations can be either personal or career based. Sometimes they can be so huge that we end up suffering. The toll on our health and well-being can be catastrophic if we do not learn how to turn adversity into opportunity.

This talk outlines various ways to bounce forward in the face of adversity whether it is health, career, relationship or money based. It highlights a proven three-step formula that can help us bounce forward no matter what the challenges may be. Simple but powerful tools that can be

used to propel us forward, making our lives simpler, happier, easier and more enjoyable.

By following the three-step formula, we should be able to overcome adversity, eliminate our limiting beliefs, release negativity, master our emotions and shift our energy to live a life of peace, joy, gratitude, love and fulfilment.