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As the winter months approach, it's crucial to keep your body warm and your immune system strong. In this video, we introduce theÂ ...
Download the PDF note for free at: If I'm not here, you can also find me through Â ... The goal is to bring balance to your body, not label it. If you found this clip helpful, comment EP on my Post to listen toÂ ... In today's FAQ video, David goes over what qualifies someone as a A Day in the Life of a Massage Therapist Center Of Natural Wellness School Of Dawn Morse of Core Elements Training demonstrates compression of the QL / Psoas common trigger point with the elbow. Fir theÂ ... Are you seeking relief from muscle pain, stress and tension? this video of our Acupuncturist, Christine Wang,Â ...