



I'm not a robot

































From our 2020 Integrative Health & Wellness conference. "Wellness Is An Inside Job: Jacqueline Kern, PhD, RN, introduces Peggy Graul, MSN, RN, CHTP explains what the holistic healing practice, My new book is out! It's called In this video we lead you through the full TT Wrist drop, or radial nerve palsy, is a condition that affects the ability to extend or lift the wrist and fingers due to damage orÂ ... This video gives you more practice in clearing so that you will be comfortable when we lead you through the full In this episode, we dive into the power of In this video, we dive into the world of After a long hiatus I decided to return to social media. I wanted to share a Dawn Morse of Core Elements Training demonstrates compression of the QL / Psoas common trigger point with the elbow. Fir theÂ ...

TRANSCRIPT: 00;00;03;25 - 00;00;13;20 JANE BIES, BSN, RN Hey, Chris. Hi. My name is Jane. I'm a Stop holding onto sadness! This easy, daily practice uses acupressure to melt away emotional tension and grief. Learn theÂ ...