



I'm not a robot

































In this episode, you'll discover: 3 Powerful Techniques: Dawn Morse of Core Elements Training demonstrates compression of the QL / Psoas common trigger point with the elbow. Fir theÂ ... Caren Benstead delves into the powerful concept of the "four brains" (Head, Heart, Gut, Start Fixin Yo' Self - Do Try This at Home! Don't Do it in an Ed HardyÂ ... Dr. Daniel Amen teaches a small habit that will make a big difference in our Massage acupuncture point for healing pain