Radio

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Update Adobe Flash Player: http://get2.adobe.com/flashplayer/

JW Player License Key

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define('WP\_POST\_REVISIONS', 5); (add to wp-config.php)

Move Nav to under header:

/\* START of Move Nav Menu under header \*/

remove\_action('thesis\_hook\_before\_header', 'thesis\_nav\_menu');

add\_action('thesis\_hook\_after\_header', 'thesis\_nav\_menu');

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Nov 1 2010 - March, 2013

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Nov 1, 2010

week1045-Physical Therapy’s Role In Wellness.mp3

Tracy Hernandez

Physical Therapy’s Role In Wellness

We usually think of going for physical therapy after an auto accident or after having a hip replacement. That might not be serving you the best. There might be another way. Learn from my guest, Tracy Hernandez, why and how physical therapy should be a regular part of you wellness program.

Nov 8, 2010

week1046-Exploring The Power of Acupuncture and Chinese Herbal Medicine

Cynthia Wallace

Acupuncture and Chinese Herbal Medicine are systems of healing that have been around for thousands of years. They have withstood the test of time. In this show, you’ll learn about these concepts and ways you can apply them in your life as another healthy alternative. Join me with my guest Cynthia Wallace.

Nov 15, 2010

So you go to work and then you come home…What if you could change this sentence to add one word so it reads “You go to work happy and then you come home happy. What would that change do to your work life and your personal life. Join me and my guest Ruth Gerath, author of Hired to Happy: The Secrets to a Vibrant Career and a Fulfilling Life, as we explore how you can bring happiness into your career and your life.

Nov 22, 2010

AVOIDING BURNOUT AND INCREASING YOUR ENERGY

Burnout is all around us. What if you knew what to do to handle burnout? How would that effect your life? On this show you can join Dr. Gaby Cora, author of Leading Under Pressure, Strategies to Avoid Burnout, Increase Energy, and Improve Your Wellbeing to learn how you can avoid burnout and boost your physical and mental health.

Nov 29, 2010

THE POWER OF HABITS AND PROMISES

Developing a habit and making a real promise can lead to powerful changes leading you from failure to success. My guest this week is Matthew Cossolotto, author of the book HabitForce! and creator of “Make A Promise Day.” Join us as we explore these concepts and how you can put them into action in your life.

Dec 6, 2010

THE ACTOR INSIDE OF YOU

Have you ever thought that you can act your way to happiness? I hadn’t, but my guest Dr. Dale Anderson has. We’ll be talking about how you can apply acting techniques to create the kind of life you want. Great actors create characters that are alive. You’ll learn how you can tap into that great actor within you to release the chemicals within your body that will lead you to optimum wellness. Join us as the curtain goes up!

Dec 13, 2010

CHANGING THE FACE OF AGING

Can changing the words we use to label older people change how they feel about themselves and how they live their lives? You betcha! Join me as I explore with my guest, Annie Glasgow, new ways of looking at being elderly and how it will effect you and those in your life who are aging.

Dec 20, 2010

USING OUR DIET TO CREATE WORLD PEOPLE

What we eat has an impact on not only ourselves but also on the world around us. You may not realize it, when you choose to eat a Big Mac, you are having an impact on our culture, our environment and people and animals around the world. Join me as I explore food, the world , and you with Dr. Will Tuttle, author of the best selling book The World Peace Diet. Learn about the different choices that are available to you, right now

Dec 27, 2010

ACHIEVING WORK-LIFE BALANCE

With all the craziness going on today, can you still achieve work-life balance? How do you go about doing it? Join me with my guest, Jeff Davidson author of Breathing Space, as you learn real techniques that you can apply to your life to achieve work-life balance.

Jan 3, 2011

CREATING A PERSONAL HEALTH PLAN

There’s now a way for you to develop a personalized nutritional plan that includes discovering the levels of your neurotransmitters, vitamin deficiencies and hormone levels. Join me as I talk with Marc Isaacson, CEO of the Village Green Apothecary, on how you can develop your plan for nutritional success.

Jan 10, 2011

REIKI - AN ENERGY APPROACH TO HEALING

Healing through energy is the focus of Reiki, a Japanese healing approach, that came to this country in the 1970s. It’s a powerful approach that has reseach backing its ability to create change in your body. Join my guest, Reiki Master Michelle de Sousa, to learn about the different kinds of Reiki, how it works and most importantly, how you can heal by using Reiki.

Jan 17, 2011

THE POSITIVE IMPACT OF MEDITATION

Have you ever attempted to meditate and were unable to do it, have you thought about meditating and weren’t sure why you should do it? Join my guest Tom Von Deck, personal and workplace meditation trainer, as we give you your answers. We will explore the topic of meditation from the research that’s been done to the way you can fit it into your daily life. Since I’ve personally been meditating for 40 years, Tom and I will jointly share our knowledge so you’ll be able to really understand the powerful benefits of meditation.

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Healthy Alternatives – SOUND, VIBRATION AND YOUR HEALTH

January 24, 2011

Sound is all around us and today we suffer from excess sound. Just think of a car that pulls up next to you at a light that has its sound system on so loud that your whole body vibrates. Well, vibrate is what all the cells in our body do naturally, and there is an entire area of natural healing that uses vibration to heal. Join me as we explore this facinating topic of healing with vibration with Everly Mulders, Dean of the Kinesiology College of Canada. Her website is

Healthy Alternatives – A Doc Goes Beyond Curing To Healing Patients

January 31, 2011

Dr. William E. Hablitzel is an unusal doctor. He’s an internist and Associate Professor of Clinical Medicine at the University of Cincinnati College of Medicine. He’s written the book It was only A Moment Ago. Dr. Wayne Dyer, bestselling author and international known speaker, calls Dr. Hablitzel “An Angel disguised as a Medical Doctor.” Listen to Dr. Hablitzel talk about what he has learned from his patients about the profound difference between the curing of disease and healing people. Dr. Hablitzel’s website is www.ItWasOnlyAMomentAgo.com.

Healthy Alternatives – TRANSFORMING USING WORDS AND ACTION

February 7, 2011

The words you use are powerful. Do you pay attention to how you use them and its impact on your life? Join my guest, Tammy Redmon, as we explore how you can transform what you are doing and how you are doing it. Tammy Redmon is an award winning certified Coach and Business Growth Strategist. She’s the author of Exquisite Self-Care Tips for Professional Women. Tammy will be offering listeners a FREE 30-minute Coaching session.

Healthy Alternatives – THE IMPORTANCE OF EXERCISES AND AGING

February 14, 2011

Exercise is extremely important as we age, but it takes motivation to do it on a regular basis. Gyms may be crowded in January but they are empty in April. My guest is LeAura Alderson, CEO of My Trainer Fitness Company. Her motivation came from having suffered bone loss and chronic back pain that she resolved through exercises. That created a passion in her to help others bring fitness into their lives. Today, LeAura is 51 and feels healthier today than when she was 21. Join me as we talk about exercise and its applications in your life. You can learn more about LeAura Alderson at www.MyTrainerFitness.com.

Healthy Alternatives – A DIFFERENT WAY TO LOOK AT DIETING

February 21, 2011

People who diet know the ups and downs, the losing of weight and the gaining of weight. Well, this yo-yo effect might be because you’re not looking at the right approach to follow. My guest this week is Connie Huft. Connie is a registered nurse who was a diet junkie and as she says an epic failure at losing weight and keeping it off – that is until she turned forty and weighted 240 pounds. That motivated her to study, explore and research the physiology of fat loss. She’ll be sharing the secrets she discovered and how she lost 80 pounds by applying what she learned. To learn more about Connie Huft, you can go to www.eliminatefatnow.com.

Healthy Alternatives – ANOTHER SIDE TO ALZHEIMER’S

February 28, 2011

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Just hearing the words Alzheimer’s Disease can cause grown men and women to shake. Yes, it’s heart-breaking, but there may be another way to understand it and learn from it. My guest, Cathie Borrie, took care of her mother for seven years. She discovered the side of Alzheimer’s that became an unexpectedly fascinating journey. From her experiences she wrote the book The Long Hello-The Other Side of Alzheimer’s, which was a finalist for the Canadian Broadcasting Corporation Literary Awards. Join me as we talk to Cathie about her experiences and how ballroom dancing played a role in her relating to her mom. Learn more about Cathie Borrie at her website http://www.CathieBorrie.com

Healthy Alternatives – GETTING RID OF OUR EXCESS BAGGAGE

March 7, 2011

Do you have things in your life that get you down? Do you have relationship issues causing you stress? Join me and my guest Dr. Duffy Spencer as we explore the alternatives that you can use to get rid of this excess baggage that gets you down. Dr. Duffy Spencer is a social psychologist and is the host of her own radio talk show “Just Relationships.” Dr. Duffy is the author of the book Spice: The Essential Ingredients For Effective Living. Join us, you’ll be glad you did. Dr. Duffy Spencer’s website is www.DrDuffy.com.

Healthy Alternatives – USING ENERGY TO HEAL

March 14, 2011

Matrix Repatterning is a method that uses energy to heal. We’ll learn about it from Ruthann Pisaretz. Ruthann has a Masters in Arts in Music Therapy and is a Certified Massage Therapist and Brain Gym Consultant. She’s been an Adjunt Faculty member at Marymount University and George Mason University. While Ruthann has trained in many aspects of massage therapy and healing, she has focused on Matrix Repatterning. Join us as you learn about the power of this approach to healing. You’re not going to want to miss this one. You can learn more about Ruthann Pizareta at http://www.CardinalCenterForHealing.com

Healthy Alternatives – A DOCTOR’S EYE VIEW OF COMBINING MEDICINE AND ALTERNATIVE PRACTICES

March 21, 2011

Dr. Veronica Anderson always wanted to be a doctor. She not only succeeded, she became a fellow of the American Academy of Ophthalmology and a diplomat of the American Board of Ophthalmology. All that education and training didn’t stop her from looking at how alternative medicine can play a role in your health. We’ll be doing a wide ranging discussion as she tells us how you can Tango your way to health, the Oprah effect on weight, and how you need to focus on what your date is eating. Dr. Anderson is the host of her own internet radio show, Wellness For The REAL World and you can learn about her at www.AskDrVeronica.com. You’re not going to want to miss this show.

Healthy Alternatives – BRAIN GYM: A PATH FOR SUCCESS

March 28, 2011

It turns out that very simple movement exercises can have a profound effect on how you feel and function. Join me as I talk with Kari Coady, Executive Director of Brain Gym International, about the Brain Gym movements and exercises and the impact it can have on children, business people, the elderly and athletes. The effects of these movements go far beyond just physical exercises. As you’ll heard, Brain Gym can impact all areas of yours and your family’s life.

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Healthy Alternatives – GREAT ADVICE FROM A HEALTH COACH

April 4, 2011

Tim Pendry went to the University of New Hampshire on a football scholarship where he studied sports medicine and biochemistry. Tim then got into nutrition and orthopedics. He now is a Health Coach and owns Sunshine Health Foods in Titusville, Florida. Join us as we talk about your brain, your thyroid and that sexist of topics, your sex hormones

Healthy Alternatives – TAPPING THE WISDOM OF A NATUROPATHIC DOCTOR

April 11, 2011

Kat Wright is a Naturopathic Doctor. Getting her degree was just the culmination of her having been studying health and nutrition for 20 years. During that time she raised 5 children on less than a $100 a year being spent on medical expenses for the entire family – an amazing feat! Join me as we tap into Kat’s wisdom to look at the things you should be doing and the ones to avoid to have a healthier life. Kat Wright has recently published the book Your Health is in Your Hands: Living and Aging Well. Her website is www.KatWrightND.com. You’re not going to want to miss this one.

Healthy Alternatives – MEASURING YOUR STRESS AND HOW TO COPE WITH IT

April 18, 2011 Repeated July 13, 2013

My guest is Dr. Mimi Hull. She is a Counseloring Psycholoist. Dr. Hull condusts training programs on Leadership, Team Building, Communication and Stress for CNA Insurance, Walt Disney World, Tommy Hilfiger and Sprint. She’s on the Board of Trustees for the Orlando Chamber of Commerce and is past president of the Junior League of Greater Orlando. Join us as we explore a way to measure your stresses and your coping abilities. Most people focus on their stresses and not their abilities to handle those stresses. In this show, you’ll learn how you can be more more effective coping with stress. Dr. Mimi Hull’s website is www.Hullonline.com. You’re not going to want to miss this one.

Healthy Alternatives – AN EPIDEMIC OF BUGS AND WHAT TO DO ABOUT IT

April 25, 2011 - Repeat in Teplitz August Teplitz Report August 3 2013 20110425 Kevin Kordek

Bed bugs, ants, termites, they’re all around us and they are invading our personal spaces. Learn what to do about it from my guest, Kevin Kordek. Kevin is the current President of the National Pest Management Association. He’s an expert in pest control and we will talk about green ways you can handle these pests without nasty chemicals. A true healthy alternative! You’re not going to want to miss this one.

Healthy Alternatives – CHANGE YOUR POSTURE & AFFECT YOUR ATTITUDE AND EMOTIONS

May 1, 2011

Your posture affects your attitude and emotions. So what can you do about it? It’s not easy to change your posture, or is it? Join me and my guest Matthew Thie as we discuss the Touch for Health system. This system uses Muscle Testing as its biofeedback method to determine how you feel and function. It makes powerful changes to your body – fascinating! You’re not going to want to miss this one! www.touch4health.com.

Healthy Alternatives – YES, THERE IS AN EFFECTIVE WAY TO LOSE WEIGHT

May 9, 2011

What if I told you there is an effective way to lose lots of weight? Since you’ve tried a bunch of different methods with little long-term success, you’d probably say “Yeah, right.” Well, there is a way to lose weight that was developed by Dr. Wayne Scott Andersen. Dr. Andersen has written the book Dr. A’s Habits of Health, which uses a system of tools, strategies and even free one-on-one coaching to assist you in achieving your goals. Dr. Andersen has helped over 300,000 create healthier lives. Join me as we explore Dr. Andersen’s approach to weight loss the effective way. You’re not going to want to miss this one! Dr. A’s website is www.HabitsOfHealth.net.

Healthy Alternatives – IMAGINE GOING TO WORK ON MONDAY AND LOVIN IT!

May 16, 2011

It’s Monday morning and it’s time to drag yourself to work…wait a minute…what if you replayed this and it’s Monday morning and you can’t wait to get to work! Sounds impossible, but it’s not. Join me as Roxanne Emmerich, author of the New York Times, Wall Street Journal and Amazon #1 Bestseller, Thank God Its Monday! How to Create a Workplace You and Your Customers Love. Roxanne has helped hundreds of companies double their sales in a month and double their profits in 90 days while making the workplace a fun place to go.

Healthy Alternatives – WE TALK ABOUT EATING HEALTHY, NOW LET’S TALK ABOUT HEALTHY COOKING

May 23, 2011

My guest this week is Mairlyn Smith. She is a home economist and food writer who is also an alumi of the Second City Comedy Troupe (quite an interesting combination!). Mairlyn is the author of the bestselling cookbook Ultimate Foods for Ultimate Health and Don’t Forget The Chocolate! THis book received the Gold Award at the Canadian Culinary Awards. Her latest book is Healthy Starts Here. Join us as we have a fun time exploring healthy eating and cooking. You’re not going to want to miss this one! www.MairlynSmith.com.

Healthy Alternatives – PSYCHOANALYSIS AND BUDDHISM – TWO WAYS INTO YOUR MIND

May 29, 2011

Buddhism and Western psychology are two disciplines that can enhance and enrich both the mind and spirit. What’s the difference and how are they similiar. Learn about the inter-relationship between the two as I interview Pilar Jennings, Ph.D.. Dr. Jennings received her Ph.D. in Psychiatry and Religion from Union Theological Seminary. She’s a researcher at the Columbia Univesity Center for Study of Science and Religion. She’s a long-term practitioner of Buddhist meditation techniques and has just written the book Mixing Minds: The Power of Relationship in Psychoanalysis and Buddhism. You’re not going to want to miss this one. www.PilarJennings.com

Healthy Alternatives – EDGAR CAYCE IS CONSIDERED THE FATHER OF HOLISTIC HEALTH. FIND OUT WHAT HE DID AND HOW IT CAN HELP YOUR LIFE

June 6, 2011

Edgar Cayce died in the 1940s. The Journal of the American Medical Association called him the Father of Holistic Health. He was an unusual man in that he had an 8th grade education and he also had the ability to go into an hypnotic trance state. In that state he was able to diagnose using medical terminology and when people who the medical community considered hopeless followed what he said to do, they would recover. Join me as I talk with Anya Wolfenden, a wellness educator and communications director of the Heritage Store for 20 years. The Heritage Store produced the formulas that Cayce recommended. Learn about the how what Cayce said in the past can help you today. A fascinating story, you’re not going to want to miss this one! www.nutracorp.com and www.heritagestore.com

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Healthy Alternatives – ADHD, ADD – POWERFUL LETTERS – DOES YOUR CHILD HAVE IT AND WHAT CAN YOU DO ABOUT

June 20, 2011

A child with these letters is labeled as learning disabled by teachers, friends and family. The child can be put on drugs and in special education classes. What if we’re looking at this all wrong? What if these kids shouldn’t be on meds? What if ADHD and ADD can be viewed as a gift? What if these kids are actually exceptional? Join me as I explore this topic with Dr. Kevin Ross Emery. Dr. Emery is an expert on learning disabilities and he’s author of the book Managing The Gift: Alternative Approaches For Attention Deficit Disorder. www.KevinRossEmery.com.

Healthy Alternatives – AN EXCITING WAY TO STOP PAIN AND SPEED UP HEALING

June 26, 2011

There’s an exciting area of healing that uses microcurrentbioelectric signaling devices to help stop acute and chronic pain and accelerate the healing of an injury. Join me as I talk to Peter Lathrop, Ph.D, a Clinical Neurophysiologist and one of the inventors of the pain relieving TENS Unit, about the breakthoughs in this field and how you can use the new devices he and associates have been inventing to eliminate pain in minutes. You’re not going to want to miss this one! www.SanDiegoPainTreatment.com.

Healthy Alternatives – MOST OF US HAVE HAD IT – AN ACHING BACK – SO WHAT CAN YOU DO ABOUT IT

July 4, 2011

It’s almost universal. At one time or another, most everyone has suffered from back pain. For some of us, it’s more than a minor bother. It’s a real pain in the back and it affects how you live your life. Join me, Dr. Jerry Teplitz, as I talk with my guest, Kathi Casey, www.HealthyBoomerBody.com,

about what you can do to stop the pain. Kathi Casey’s latest book has just been published. It’s called STOP Back Pain – Kiss Your Back, Neck and Sciatic Nerve Pain Goodbye! (www.KissBackPainGoodbye.com.)

Kathi Casey is known as “The Healthy Boomer Body Expert.” She’s a health and wellness coach and has her own TV show “To Your Health.” Kathi has appeared on Fox 23, ABC 8 and she is a columnist for The South Shore Senior News, Life After 50 and other Boomer Magazines.

Since the medical route to the treatment of back pain is not the most effective, we’ll be talking about the alternative and breakthrough methods she recommends in her book, STOP Back Pain – Kiss Your Back, Neck and Sciatic Nerve Pain Goodbye! Kathi will be give you some real tips that you can use right away to stop the pain. You’re not going to want to miss this one!

Healthy Alternatives – LOSING WEIGHT: UNDERSTANDING THE EMOTIONAL SIDE OF WEIGHT LOSS

July 18, 2011

Overwweight most of her life, Norma Eckroate, (www.NaturalWeightLossMagic.com), lost 42 pounds without calorie counting, diet restrictions, or additional exercise. She did this by using an all-natural nutritional supplement and working on the emotional side of weight loss. The emotional side is an area which is ignored by doctors. Norma shares how you can understand how this emotional side works and how you can use it for your benefit.

Norma has a Ph.D. in Holistic Life Counseloring from the University of Sedona and is a licensed practitioner at the Agape International Spiritual Center. She teaches about spirituality and the law of attraction. She has co-authored numerous books with experts on topics that range from holistic health to dog training, to stress reduction to brain optimization. This will be a fascinating look at how you can lose weight and keep it off.

In addition, I’ll be reporting on the impact being unemployed has on a person’s health and three things in your kitchen pantry and refrigerator that you can use to stop pain in your body. You’re not going to want to miss this one!

Healthy Alternatives – LEARN ABOUT HEALING FROM A MODERN DAY MYSTIC

July 25, 2011

Join me as I talk to Eliza Mada Dalian, affectionately known as Mada (www.MadaDalian.com). Mada is a modern day mystic, self-realized spiritual guide and internationally acclaimed master healer. She is author of the seven-time award-winning author of In Search of the Miraculous: Healing into Consciousness (www.HealingIntoConsciousness.com). Her book has been endorsed by Deepak Chopra who has said it is “a simple and elegant map of the path of enlightenment.”

We’ll also be talking to Mada the guided meditation she has developed and about her revoluntionary healing method called the Dalian Method which identifies and eliminates the root cause of physical and emotional pain and illness.

I’m also going to be exploring the negatives and the positives about Medicaid. I know you’ll be surprised by the positives. You’re not going to want to miss this one!

Healthy Alternatives – HAVING DIFFICUTLIES WITH YOUR KIDS AND GRANDKIDS? LEARN A LOVE BASED WAY TO TRANSFORM CHALLENGING PARENT-CHILD RELATIONSHIPS

August 1, 2011

My guest this week is Dr. Bryan Post (www.PostInstitute.com/HealthyParenting). Dr. Post is a psychotherapist, lecturer and best-selling author. His focus is working with children with severe behavior challenges. For the past fifteen years, he has been educating others about the challenges facing adopted and foster children. From this work he has developed a new love-based understanding that can transform the most challenging parent-child relationship that all parents and grandparents need to know. You’re going to learn about the impact of time-outs, spanking, crying and the surprising impact it can have on your kids.

Healthy Alternatives – BRINGING INTEGRATIVE MEDICINE INTO TRADITONAL MEDICINE

August 8, 2011

My guest this week is Ruth Kent (www.solutiontotakecharge.com). Ruth has been in the nursing field since she was 16 and worked as a Nursing Assistant in a Nursing Home. She went on to become a Registered Nurse and has been involved for many years in Orthopedics and in Intensive Care Units. Ruth has also been involved in integrative medicine. For the past 15 years she has been a Certified Nikken Wellness Consultant. More recently she has been a Certified Emotion Code Practitioner. Listen to how Ruth has been bringing both traditional medicine and integrative medicine together as she focuses on giving you the knowledge you need to know so you can live a healthier life.

Healthy Alternatives – GOING THROUGH CHAOS AND COMING OUT BETTER ON THE OTHER SIDE

August 15, 2011

So you’ve experienced alot of chaos around you now-a-days, but have you been fired, divorced, audited by the IRS and shot in the chest. Join me and my guest, Dr. Rob Pennington, www.RobertPennington.com) who has. Rob sounds like a poster child for the biblical story of the disasters confronted by Job and he’s written a book about it, Find the Upside of the Down Times: How to Turn Your Worst Experiences into Your Best Opportunities (www.UpsideDownTimes.com).

Rob has a doctorate from The University of Texas at Austin and is a psychotherapist and executive business coach. He’s been a professor at three universities and a four-time recipient of the Mental Health Association’s Outstanding Speaker Award. Rob share with us how to go through the challenges we all experience to discover the positive alternatives we have available. Stuff happens and so do positive options.

Healthy Alternatives – REDUCING FEAR AND ANXIETY BEFORE SURGERY AND CHEMO – NATURALLY

August 22, 2011

Join me and my guest, Colleen Haney, M.Ed., as we discuss how you can shift the fear and anxiety of having medical procedures such as surgery, chemotherapy or invasive tests done so that you can more quickly return to a healthy and productive life.

Colleen has a Masters in Education and has been is a Certified Speech Language Pathologist and Communication Specialist for over 30 years. She is a Certified Energy Therapist and Educator with a private practice in Boca Raton, Florida. Her program, Peace Through Medical Procedures, gives clients a blueprint so their body remembers it’s own natural imprint to heal. Colleen is able to assist clients in her office and over the phone. She can be reached at bocacolleen@aol.com.

Healthy Alternatives – SHE BECAME A VEGAN AND LOST 80 POUNDS

August 29, 2011

My guest, Gael D. Meyer, is known as the Raw Vegan Realtor (www.HealthyEatingHealthyBody.com). Her new book, The Nuts and Sprouts of Healthy Eating, is coming out in September. Gail will be talking about her becoming a vegan and how she lost 80 pounds in 8 months. She will be answering my questions about whether a vegan can get enough protein, calcium and vitamin B12 in a vegan diet.

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Healthy Alternatives – YOU ARE YOUR VOICE: UNDERSTAND IT AND LEARN HOW TO USE IT

September 5, 2011

My guest is Kay Meyer (www.YouAreYourVoice.com). Kay is a nationally certified and licensed speech-language pathologist and owner of Your Are Your Voice in the Chicago area. Kay began her career on the staff of Northwestern University Medical School, where she treated patients with voice and neurological speech disorders.

For over twenty-five years, Kay has maintained a private practice as a Voice and Speech Consultant with actors, singers, public figures and radio personalities.

Kay will be talking about how you can use your voice in this tight jobs market to still land a job. We’ll also be talking about the importance of using your natural voice and how it can give you more confidence, reduce your anxiety and give you the edge in business. You’re not going to want to miss this one.

Kay can be reached at YouAreYourVoice@gmail.com.

Healthy Alternatives – DREAMING YOUR DREAMS AND FULFILLING YOUR LIFE

September 12, 2011

Join me and my guest Marcia Wieder, CEO and Founder of Dream University (www.DreamUniversity.com). In this show we will be talking about the importance of having dreams and how you can fulfill yours.

Marcia Wieder is personal Dream Coach to Jack Canfield, co-author of the Chicken Soul for the Soul book series (www.JackCanfield.com). She is past president of the National Association of Women Business Owners and has often been at the White House where she has met Ronald Regan, Jimmy Carter and George Bush, Sr. She is on the Advisory board for the Make a Wish Foundation (www.wish.org) and is a columnist for the San Francisco Chronicle.

Marcia has appeared several times on Oprah, The Today show and she has hosted in her own PBS-TV special. She has written 14 books and her latest is called Dreams are Whispers from the Soul. You’re not going to want to miss this one!

Healthy Alternatives – BEING SUCCESSFUL EVEN IN THESE DIFFICULT TIMES

September 19, 2011

Join me and my guest, Jack Canfield, as we talk about how you can create success today even with all the choas going on around us (www.JackCanfield.com). Jack is co-author of what the New York Times called ‘the publishing phenomenon of the decade”, the Chicken Soup for the Soul book series. Over 125 million copies have been sold worldwide. Jack is also affectionately known as “American’s #1 Success Coach.”

He is a Harvard graduate with a Master’s Degree in psychological education and one the earliest champions of peak-performance. Jack holds the Guinness Book World Record for having seven books simultaneously on the New York Times Bestseller List. He’s been on Oprah, Montel, Larry King Live, The Today Show and many, many others.

Jack and I will be talking about his most recent bestseller The Success Principles: How to Get From Where You Are to Where You Want to Be and how you can apply these principles in your life. Jack is also a long-time personal friend of mine.

Healthy Alternatives – WHAT’S IN YOUR KIDS AND GRANDKIDS SCHOOLS

September 26, 2011

My guest this week is Kim Martin. Kim is Co-director of Grades of Green (www.GradesOfGreen.org). Grades of Green is a non-profit organization that helps parents and educators create a heathier environment in their kid’s schools. The organization also empowers the kids to become advocates for positive changes in their schools.

Prior to founding Grades of Green, Kim Martin practiced environmental law for more than 15 years. Her practice included all areas of environmental law and her speciality was enforcing the laws.

Grades of Green has been honored with many awards, including the US EPAs prestigious Environmental Award. You’re going to learn about the programs that Grades of Green offers to help parents, teachers and administrators make their schools greener and safer for the children.

Healthy Alternatives – MOVING YOUR BODY, AFFECTING YOUR MIND

October 2, 2011

Join me and my guest, Dr. Carla Hannaford as we talk about your body and how moving your body affects the development of your mind. Today, children have stopped moving. They spend their hours playing computer games, texting friends and not moving their bodies. You’ll learn how important movement is and how you can help your kids do better in school and in life by getting them to move.

Dr. Hannaford is a biologist, author and educator with more than forty years of teaching experience, including twenty years as a professor of biology. She has been recognized by Who’s Who in American Education and has been a distinguished lecturer for the National Association of Elementary School Principals.

Dr. Hannaford has authored four books, including Smart Moves, Why Learning is Not All in Your Head and her latest is Awakening The Child Heart, Handbook for Global Parenting (www.GreatRiverBooks.com).

Healthy Alternatives – HIGH CHOLESTEROL, IS IT REAL OR IS IT A MYTH?

October 12, 2011

Join me and my guest Dr. Ernest N. Curtis as we talk about this important question about whether high cholesterol is a real problem or a fabricated one. Dr. Curtis has written the book The Cholesterol Delusion, which raises vital information you need to know about what Dr. Curtis calls the myth of cholesterol (www.CholesterolDelusion.com). This myth has led patients into taking billions of dollars in medications that may cause serious side effects and even death. Find out what you need to know to protect you and your loved ones.

Healthy Alternatives – ALTERNATIVE WAYS TO HEAL BACK PAIN

October 17, 2011

So you’ve got a pain in your back, do you go to the doctor or do you use alternative treatments? If you go alternative, what are the options that you can explore? Join me and my guest, Kathi Casey, The Healthy Boomer Body Expert, as we talk about the options that are available to stop your back pain (www.HealthyBoomerBody.com).

Kathi Casey is a health and wellness coach, Amazon bestselling author, speaker and radio show guest. Kathi produces her own TV show, “To Your Health” and is a columnist for Boomers Forever and Boomer-Living. She is founder of The Healthy Boomer Body Center and her latest book is STOP Back Pain.

Healthy Alternatives – LET’S TALK ABOUT BELIEFS – HOW THEY OPERATE IN YOUR LIFE AND HOW THEY AFFECT YOUR KIDS

October 24, 2011

My guest this week is Rich Hudson. Rich is an expert in beliefs. He’s been studying beliefs for more than 20 years looking at how they’re formed, how they operate and how they affect your kids. Rich Hudson is an Executive Coach, Speaker and Author and his current project is call “The Ultimate Legacy”, which is about helping parents understand how to pass on their beliefs to their children.

Rich is the author of the book It’s Time to Draw the Line! – What Parents Must Do Now To Save Our Children and Restore Our National Treasure(www.DrawTheLineBook.com).

Healthy Alternatives – GETTING SCHOOLS TO FEED OUR KIDS HEALTHIER FOOD

October 31, 2011

Join me and my guest Chef Ann Cooper as we talk about the importance of healthy school lunches for our kids. We’ll explore how healthy school lunches impact learning, what a healthy school lunch program looks like and the obstacles to getting schools to implement redesigned lunch programs. Chef Cooper’s mission is expedite the change process and make better food in schools the mainstream standard (www.TheLunchBox.com).

Chef Ann Cooper is a Nutrition Services Director, Consultant, Author, Public Speaker and Advocate. In 2009 while working full time as Nutrition Services Director in Boulder, CO, she founded the Food Family Farming Foundation. Chef Cooper is also part of the initiative to get 6000 salad bars into schools in the next three years (http://saladbars2schools.org/). Chef Cooper has been featured in The New Yorker, The New York Times, The Washington Post, ABC’s Nightline and the CBS Morning Show.

Healthy Alternatives – SWITCHED-ON NETWORKING -THE EASY WAY TO BALANCE YOUR BRAIN FOR NETWORKING SUCCESS

November 7, 2011

Join me and my guest, Donna Fisher, www.DonnaFisher.com, as we explore face-to-face and online networking and how it affects your health, wellbeing and success. Donna has co-authored with me the new book to be released November 16 called Switched-On Networking: Balance Your Brain for Networking Success (www.SwitchedOnNetworking.com).

Donna Fisher is a business owner, best selling author of the books Power Networking, People Power, and Professional Networking for Dummies. Her books have been recommended by Time Magazine and used as textbooks at major universities. She’s been quoted in the New York Times, Wall Street Journal and Chicago Tribune.

Donna has appeared on radio and TV shows and has taught thousands of people how to build a network of support that enhances their personal and professional success.

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Healthy Alternatives – YES, YOU CAN TURN STRESS INTO SUCCESS!

November 14, 2011

Join me and my guest, Angela Bussio, as we explore the real causes of stress, how the medical profession misses it, and what you can do to handle it successfully (www.TurnStressToSuccess.com).

Angela Bussio is a Master Energy therapist and the #1 Best Selling co-author of How Did You Do That. Angela is a television and radio show host. She focuses on empowering people to manage their own stressful emotional patterns and has helped thousands.

Angela is the founder of RealStressSolutions.com, an inbox magazine, and the creator of the new online program Turn Stress To Success.

Healthy Alternatives – WITH ALL THE CRAZYINESS GOING ON AROUND US, IT MAY BE TIME TO REINVENT YOURSELF

November 21, 2011

Join me and my guest, Steve Olsher, as we explore the direction you are going in your life and what you might want to do differently to accomplish your true goals and directions (www.SteveOlsher.com).

Steve Olsher is “America’s Reinvention Expert.” He’s a successful entrepreneur and has applied his street smarts, business acumen and communication skills to a wide range of business endeavors. Steve is the co-star of the film The Keeper of the Keys with Jack Canfield, John Gray and Marci Shimoff.

Steve is the founder of the Reinvention Workshop and author of the USA Book News “Self-Help Book of The Year” Journey To You: Step-by-Step Guide to Becoming Who You Were Born to Be. He’s appeared on ABC, FOX TV and over 200 radio shows.

Healthy Alternatives – SHE DIED FOR SEVEN MINUTES!

November 28, 2011

Join me and my guest, Catherine Dougherty, as we explore her Near Death Experience (www.THeNaturalSage.com). Catherine Dougherty became ill in 1995 and she died for seven minutes and she came back to life. Her NDE experience resulted in a spiritual awakening and a complete transformation of her life.

The after-effects Catherine experienced include visions, prophecies and channeled messages which included the formulas for a number of herbal products. Catherine has a unique perspective on life and how she can help others.

Healthy Alternatives – UNDERSTANDING AND EXPLORING SHAMANISM

December 5, 2011

Join me and my guest, Tom Wright, as we explore shamanism (www.a-course-in-shamanism.com). We’ll explore how he gets to the source of a client’s disease and how he can work with the person on the phone or in person to dissipate the blockage. His work allows people to achieve what they want in their life.

Tom Wright has a unique background. He’s a former presidential aid and author of the book The Steel Shaman. Tom is a holistic healing professional and is dedicated to enhancing his client’s health. He has been interviewed for his work by Newsweek, AOL America Online and he’s been on the cover of Sedona. He has been invited to speak at The International Amazonian Shamanism Conference three years in a row.

Healthy Alternatives – WHAT IT IS, HOW IT WORKS AND HOW YOU CAN USE IT IN YOUR LIFE

December 12, 2011

LIFE Join me and my guest, Donna Eden, as we explore the field of Energy Medicine (www.LearnEnergyMedicine.com). Donna Eden has a unique perspective on Energy Medicine because she was ill for much of her life and came close to dying. It was Energy Medicine that brought her back to life.

That motivated her to study it and she has become, as you’ll hear in the interview, what can only be labeled as a joyous spokesperson for Energy Medicine. Donna has taught tens of thousands of people around around the world how to reclaim their natural healing abilities through her classes and workshops.

Donna Eden is co-author of the best selling book Energy Medicine with her husband Dr. David Feinstein. The book has been translated into 15 languages and it won the US Book News Book of the Year award. The sequel, Energy Medicine for Women also won the Book of the Year award.

During the interview, Donna will share a very personal story about how she has recently used energy medicine to save her daughter’s life.

Healthy Alternatives – TRAVELING ABROAD,WHAT TO WATCH OUT FOR AND HOW TO ENJOY IT THE MOST

December 19, 2011

Traveling can be a Healthy Alternative to what you do every day. Join me and my guest Doris Gallan as we talk about the pluses and minuses of travel the world.(www.BabyBoomersTraveling.com).

Doris Gallan is a baby boomer who at 46 decided to pursue her life-long passion for traveling and writing. Doris and her husband left their corporate jobs, sold their home and started a two-year round the world trip that ended up being a five-year journey. Doris has been living the traveling dream!

When she and her husband started their journey, there was little information or travel services available to assist in the planning of her trip. So, Doris did her own research. This led her to write the book for her generation on travel (which can be used by any generation) called The Boomers Guide to Going Abroad to Travel/Live/Give/Learn.

Doris has become a regular speaker at the annual conference of the Education Travel Community. She is an author in the upcoming book 65 Things to Do When You Retire. She has also published a series of ten Travel Tips Booklets to provide great advice to travelers.

Healthy Alternatives – SO YOU HATE FLUORESCENT LIGHTING – FIND OUT WHY AND WHAT TO DO ABOUT IT

December 26, 2011

Join me with my guest Linaya Hahn (www.SunlightSciences.com) as we explore how the fluorescent lighting in your offices and homes is impacting you and what you can do about it.

She has been a guest on Oprah as an internationally recognized expert on light who uses a multidisciplinary approach to health. Linaya has been a frequent guest on radio and television and has been featured in articles around the world. She has complied the definitive research book on light called Light for Health Reference Binder. Some of this research can be found at www.LightStudies.info.

She is a consultant and Director of Research for Sunlight Sciences Lighting. Linaya has also written the book PMS: Solving the Puzzle – Sixteen Causes of PMS and What To Do About It.

The information in this interview will be practical and timely.

Healthy Alternatives – CAN YOU CREATE UNCONDITIONAL LOVE IN YOUR LIFE AND WHAT DOES THAT MEAN, ANYWAY

January 2, 2012

The answer turns out to be yes you can! Join me as I talk with Marci Shimoff, #1 New York Times Bestselling author about her latest book Love for No Reason: 7 Steps to Creating a Life of Unconditional Love. During the interview, Marci will actually take you through a process so that you can begin to experience this love in your life. You’ll also learn a method for getting rid of the negative feelings and thoughts holding you back! Marci has sold over 14 million books including Happy for No Reason and six of the Chicken Soup for the Woman’s Soul books. She was also featured in the international film sensation, The Secret. And she’s a good friend.

Healthy Alternatives – HE LAUNCHED A QUIET REVOLUTION IN MUSIC

January 9, 2012

Steven Halpern is my guest this week (www.SteveHalpern.com). Steven Haplern is an award-winning composer, recording artist and producer of healing music. Many consider him the Father of New Age Music.

Steven has helped millions worldwide to experience the blessings and benefits of deep relaxation and inner peace. His first music release sold over 700,000 copies. Steven has been recognized by Keyboard magazine as “one of the 30 most influential keyboard artists of the past 50 years.” He has been written about in the New York Times, the Los Angeles Times, CBS, ABC and NBC.

Join me as Steven and I talk about his journey and how his music actually impacts listener’s brain wave patterns.

Healthy Alternatives – USING NUTRITIONAL BUILDING AND CLEANSING TO LOOK AND FEEL YOUNGER

January 16, 2012

This week I will be talking to my guest Glorie Magram about using nutritional building and cleansing so that you can look and feel younger and have boundless energy. Sounds good to me! (www.OglorieGirl.Isagenix.com)

Glorie Magram graduated from the University of Maryland with a BA in Speech, Drama and English Secondary Education. She then went on to earn a Master’s degree from the University of Santa Monica in Applied Psychology. Glorie then changed directions and graduated from the Barbara School of Healing and Pathwork Transformation Program.

Glorie is fascinated with health and healing and has focused on nutritional building and cleansing using the Isagenix program. We will be discussing this program and how it can impact your life.

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Healthy Alternatives – LOSING WEIGHT WITH NO STRUGGLE

January 23, 2012

Join me and my guest is Nealon Hightower as we talk about releasing your excess weight (http://www.releasebodyfat.comNeal was overweight for most of his life. His first diet was when he was just a child. He then started the ups and downs of multiple diets. With the recession, business disaster struck and this forced Nealon to look at his life and decide what he truly valued.

Nealon then began to release 100 pounds and he’s kept it off with no struggle and no dieting and he’s kept it off for over three years. He’s written the book Six Simple Truths to Fat Release to help others follow in his foot steps or in his weight reduction steps.

Healthy Alternatives – WATCH YOUR TV SHOWS AND STILL GET YOUR EXERCISE

January 30, 2012

Join me and my guest Kathi Casey as we talk about her new book Get Off The Couch, Potato! We’ll be talking about the importance of exercise and what you can do to get some in a short period of time while you’re sitting on the couch watching your favorite television shows( www.GetOffTheCouchPotato.com).

Kathi Casey has been on my show before. She’s know as “The Healthy Boomer Body Expert” and is a renowned health and wellness coach. Kathi is an Amazon International Bestselling Author. She’s appeared on radio and TV shows, such as, Fox 23, ABC-8 Evening News. Kathi also has her own TV show, “To Your Health.”

Kathi Casey is founder of The Healthy Boomer Body Center in the Berkshires of Massachusetts. Her book Stop Back Pain was also a bestseller on Amazon and her blog on nursingschools.net is ranked #10 on the list of the 50 top Health Blogs.

Healthy Alternatives – A DOCTOR’S EYE VIEW OF USING INTEGRATIVE MEDICINE

February 6, 2012

Join me and my guest Dr. Ken Mapes as we talk about his journey from being an Emergency Medicine Doc to an Integrative Medicine Specialist (TheHealingOasis.myevolv.com).

Dr. Ken Mapes began as a firefighter-paramedic. He then went to the University of Cincinnati for Medical School and later studied Internal Medicine before specializing in Emergency Medicine. It was his frustration with not being able to help his patients that lead Dr. Ken to explore alternatives. And he found them. And he’ll share some of them with you.

Dr. Ken has been an assistant professor at the University of Toledo and now runs the Integrative Medicine Wellness Center called the Healing Oasis in Clay Center, Ohio. He brings together Western and Eastern approaches to find the right solution for a patient’s problems.

Healthy Alternatives – AN EXPERT ON INTERGRATIVE MEDICINE SHARES HER TIPS

February 13, 2012

Join me and my guest Dr. Julie Chen as we talk about what you can do to better handle your stress and sleep better (www.MakingHealthEZ.com).

Dr. Julie Chen is board-certified in internal medicine and integrative medicine. She has her own medical practice in San Jose, CA and is the medical director of corporate wellness at several Silicon Valley corporations. She’s a monthly columnist for several national magazines and has been featured in radio, TV , newpapaer and magazine interviews. She incorporates many types of healing modalities in her practice including Chinese scalp acupuncture and strain-counterstrain osteopathic manipulations.

Healthy Alternatives – NONVIOLENT DOG TRAINING: A REAL ALTERNATIVE

February 22, 2012

Join me and my guest, Paul Owens, as we talk about how you can train your dog using a positive nonviolent approach to get the results you want (www.raisewithpraise.com).

Paul Owens is often referred to as the “original” Dog Whisperer. Paul began training dogs in 1972 and has become one of the leading proponents of his nonviolent approach. He is the Founder and Director of the children’s after-school violence prevention program called Paws for Peace.

Paul is the author of The Dog Whisperer: A Compassionate Nonviolent Approach to Dog Training and The Puppy Whisperer. His latest book is The Dog Whisperer Presents: Good Habits for Great Dogs. Paul has also produced and is featured on the Dog Whisperer DVDs.

Healthy Alternatives – Caring For Your Cat Holistically

February 27, 2012

Join me and my guest, Anitra Frazier, as we talk about holistic care for your cat (www.TheNaturalCat.net and www.AnitraNaturalCat.com). We’ll be talking about the best foods and treats for your cat, how to deal with behavior problems and even training your cat to use a scratching post.

Anitra Frazier is Executive Director of Anitra’s Natural Cat. She is recognized as a leading authority on all aspects of holistic cat care. Her book, The Natural Cat, was first published in 1981. Anitra has spent 35 years caring for and studying cats. She has learned from the cats and has made them helpful partners in the health care process. Whether you’re a cat person or not, you’re not going to want to miss this one!

Healthy Alternatives – BEING SUCCESSFUL EVEN IN THESE DIFFICULT TIMES

March 5, 2012

Join me and my guest, Jack Canfield, as we talk about how you can create success today even with all the choas going on around us (www.JackCanfield.com). Jack is co-author of what the New York Times called ‘the publishing phenomenon of the decade”, the Chicken Soup for the Soul book series. Over 125 million copies have been sold worldwide. Jack is also affectionately known as “American’s #1 Success Coach.”

He is a Harvard graduate with a Master’s Degree in pschological education and one the earliest champions of peak-performance. Jack holds the Guinness Book World Record for having seven books simultaneously on the New York Times Bestseller List. He’s been on Oprah, Montel, Larry King Live, The Today Show and many, many others.

Jack and I will be talking about his most recent bestseller The Success Principles: How to Get From Where You Are to Where You Want to Be and how you can apply these principles in your life. Jack is also a long-time personal friend of mine. You’re not going to want to miss this one!

Healthy Alternatives – A WHOLE NEW WAY TO LOOK AT DENTISTRY

March 12, 2012

What’s happening in your mouth can affect your whole body in ways you probably have never thought about. Join me and my guest, Dr. Claire Stagg, as we explore the areas of wholistic, biological and cranial facial dentistry and its impact on your health (www.SmileProfessionals.com).

Dr. Claire Stagg has a Doctorate in Dental Surgery and a Masters of Science from the Tufts University School of Dental Medicine with a focus in the area of Craniofactal Pain. Dr. Stagg has accumulated over 2500 hours in additional training in TMJ/Sleep Disorders and Dental Rehabilitation. Dr. Stagg is an expert’s expert!

Healthy Alternatives – LEGITIMATE DRUG PERSCRIPTIONS CAN KILL YOU

March 19, 2012

Join me and my guest, Bob Gold, as we talk about the drug epidemic that is happening in this country. And no, we are not talking about illegal drugs, we are talking about legitimate perscription drugs and how they kill over 100,000 people every year!

Bod Gold is a registered pharmacist who has been practicing for over 30 years. He has recently written the book Are Your Meds Making You Sick? A Pharmacist’s Guide to Avoiding Dangerous Drug Interactions. Bob will be talking about drugs that can be dangerous when combined with other drugs. He also talks about how when you age, a safe amount of a drug at a younger age can harm you as you grow older. Bob will also be talking about how you can protect yourself so you don’t become a statistic.

Healthy Alternatives – Doctor Heals Himself With An Unconventional Approach

March 26, 2012

Dr. Vernon Sylvest grew up as a preacher’s kid and became aware of a wide range of human problems including disease and death. This lead him to search for answers which lead him to become a medical doctor and to specialize in pathology. Then he got ill and modern medicine couldn’t help him. Join me as I talk with Dr. Vernon Sylvest about his illness and how it forced him to explore other ways to heal, including the spiritual element. He finally succeeded in healing himself (healingwaterslodge.com).

From this experience, Dr. Vernon Slyvest wrote his first book The Formula: Who Gets Sick, Who Gets Well; Who is Unhappy; Who is Happy and Why. His latest book is The End of Fear: The Path to Freedom With the Formula. Dr. Sylvest will be talking about the formula that he now uses to help other’s heal. He and his wife now run Healing Waters Lodge near Richmond, Virginia.

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Healthy Alternatives – A NEW ENERGY TO DO LESS AND MAKE MORE

April 2, 2012

Join me and my guest, Loral Langemeier, as we talk about Loral’s new book Yes! Energy: The Equation To Do Less Make More and how it can change your life (www.YesEnergyBook.com).

Loral Langemeier is today’s most innovative and visible money expert. She uses her Yes! Energy to overcome the challenges of today’s economy. Loral is one of only women leading the conversation about money while giving people simple tools to generate cash and build wealth. One of the components of Yes! Energy that we’ll talk about is health and wellness.

Loral is the author of 5 bestsellers, including The Millionaire Maker and Put More Cash In Your Pocket. Her lastest book and her passion is Yes! Energy. This book went to #1 bestseller on Amzaon and Barnes and Noble and number four on the New York Times best seller list. Loral explains her approach and how you can start to apply it in your life.

Healthy Alternatives – IT’S CRAZY OUT THERE, DO YOU HAVE A PLAN B?

April 9, 2012

Join me and my guest, Kathleen Rich-New, as we talk about the uncertainty our there and how you need to develop your own Plan B so you can transititon into what you really want to be doing. You’ll learn how you can go about developing your Plan B and you’ll get real advice from Kathleen that you can begin to use immediately in your life.

Also, check out Kathleen’s website for her new book and for a special gift for listeners to this interview – www.YouAlwaysNeedAPlanB.com/Teplitz.

Kathleen Rich-New spent 25 years in human resources working for high tech companies including Apple Computer, Nortel and Silicon Graphics. She has a BS, MBA in Marketing and a Masters in International Human Resources. Kathleen has founded Clarity Works Consulting and The Execitive Woman’s Coach. She’s a columnist and co-author of Looking for the Good Stuff…a guide to enjoying and appreciating life, which PBS bought for their employees. Her latest book is You Always Need a Plan B: The Real Deal Guide to Jump Starting Your Next Career!

Healthy Alternatives – YOGA’S ALL AROUND. WHAT YOU NEED TO KNOW ABOUT THE DIFFERENT TYPES AND HOW TO PICK A TEACHER

April 16, 2012

Join me and my guest, Katrina Ariel, a highly certified yoga instructor, as we talk about the different types of yoga and how to select a teacher.

Katrina Ariel is the author of the book Yoga for Dragon Riders (www.YogaForDragonRiders.com). Katrina is a highly certifed yoga instructor and host of Yoga Radio on the VoiceAmerica Health and Wellness Channel. She is an expert in a wide range of yogas from therapeutic alignment, restorative yoga, active classes and yoga fitness blends. Katrina combines the physical and philosophical elements of yoga. You can check out her website at www.YogaWithKatrina.com.

Healthy Alternatives – STOPPING HAIR LOSS, TAKING ASPIRIN, RAISING YOUR LIBIDO – THE PLUSES AND MINUSES

April 23, 2012

Join me and my guest, Dr. Julie Chen, as we explore: what you can do to prevent hair loss, whether you should take aspirin daily, how to raise your libido, and much more (www.makinghealthez.com).

Dr. Julie Chen is an integrative medicine physician. She is board-certified in internal medicine and is fellowship-trained and board certified in integrative medicine. Dr. Julie has her own medical practice in San Jose, CA and is the medical director of corporte wellness at several Silicon Valley companies.

She is a columinist for several national magazines and has been featured on radio and TV shows. Dr. Julie incorportes many types of healing modalities into her practice.

Healthy Alternatives – EXPLORING A REALLY HEALTHY WAY TO EAT

April 30, 2012

Join me and my guest, Ivy Larson, as we talk about a lifestyle she has developed called Clean Cuisine (www.CleanCuisine.com). Clean Cuisine is a way to eat that places heavy emphasis on getting an abundance of phytonutrients and antioxidant-rich plant foods and omega-3s from the foods you consume.

Ivy Larson is a holistic healthy lifestyle coach. She is certified by the American College of Sports Medicine as a Health Fitness Specialist. Ivy is the author of the best seller Gold Coast Cure and the founder of CleanCuisine.com. Her next book will be released in January 2013 and will be called Clean Cuisine.

Ivy’s interest in holistic nutirtion began in 1998 when she was diagnosed with multiple sclerosis. By following the clean, healthy lifestyle that we are going to be talking about, Ivy has remained symptom-free for over a decade. She’ll be sharing practical things you can do to create your own clean cuisine.

Healthy Alternatives – CAN YOU REALLY EXPERIENCE LOVE FOR NO REASON

May 7, 2012

Join me and my guest, Marci Shimoff, as we talk about how you can create a life of unconditional love (www.TheLoveBook.com). Marci Shimoff is a personal friend and a #1 New York Times bestselling author who is a world-renowned expert on happiness, success and unconditional love.

Marci is the author of the runaway bestseller, Happy for No Reason: 7 Steps to Being Happy from the Inside Out and six titles in the Chicken Soup for the Woman’s Soul series. Marci’s books have sold more than 14 million copies worldwide in 33 languages. Her books have been on the New York Times bestseller list for a total of 118 weeks. Her latest book is Love for No Reason: 7 Steps to creating a Life of Unconditional Love debuted at #3 on the NY Times bestseller list.

Healthy Alternatives – A POWERFUL, UNIQUE APPROACH TO DEALING WITH LIFE’S CHALLENGES

May 14, 2012

CHALLENGES Join me and my guest, Pamela Curlee, as we explore an original and innovative approach that has been proven to enrich the lives of children and adults with developmental challenges from autism, to ADHD, to Post Traumatic Stress Disorder and much more (www.MasgutovaMethod.com).

Pamela Curlee has a BS in Speech Pathology and Audiology from Colorado State University and a post-graduate degree in Deaf Education from the University of Texas in Austin. Pamela is co-author of the book, Trauma Recovery – You Are a Winner.

Pamela is also co-founder of the Svetlana Masgutova Educational Institute. The Institute, founded by Dr. Svetlana Masgutova who was originally from Russia, has blended Russian research and some Western approaches to allow real breakthroughs to happen in the lives of people who are leading really difficult and damaged lives. You’ll be amazed at the power, the breadth and the scope of the types of people that this work can help.

Healthy Alternatives – GETTING YOUR DRUGS AND VITAMINS CUSTOMIZED TO YOU

May 21, 2012

You me and my guest, Nat Jones, as we talk about the specialized area of compounding pharmacies. We’ll be talking about how they work and how your doctor can use it to customize your medicines and vitamins to match your needs.

Nat Jones is a pharmacist and graduate of the Medical College of Virginia School of Pharmacy. He’s been a licensed pharmacist for over 30 years. In 1993, he opened Lakeview Compunding Pharmacy and Nutritional Center in Virginia Beach Virginia where he creates these specialized compounds.

Nat is one of just 70 Board Certified Compounding Pharmacists in the United States. Nat provides special patient consulting services in the areas of pain management, nutrition & weight loss, stress & fatigue and bioidentical hormone replacement therapy. To contact Nat Jones you can call 877 873-9564 begin\_of\_the\_skype\_highlighting 877 873-9564 end\_of\_the\_skype\_highlighting.

Healthy Alternatives – A DOC GOES BEYOND CURING TO HEALING PATIENTS

May 28, 2012

Dr. William E. Hablitzel is an unusal doctor. He’s an internist and Associate Professor of Clinical Medicine at the University of Cincinnati College of Medicine. He’s written the book It was only A Moment Ago. Dr. Wayne Dyer, bestselling author and international known speaker, calls Dr. Hablitzel “An Angel disguised as a Medical Doctor.” Listen to Dr. Hablitzel talk about what he has learned from his patients about the profound difference between the curing of disease and healing people. Dr. Hablitzel’s website is www.ItWasOnlyAMomentAgo.com.

Healthy Alternatives – MISSING MAGNESIUM IN YOUR DIET CAN HAVE A PROFOUND IMPACT ON YOUR HEALTH

June 4, 2012

Join me and my guest, Dr. Carolyn Dean, as we discuss this ignored mineral, magnesium, and learn about the impact it has on you (www.nutritionalmagnesium.org). Modern farming methods have resulted in a loss of magnesium in the foods we eat. According to the research Dr. Dean has done and the research she has complied, this has resulted in the epidemic increase in obesity, diabetes and chronic health issues, such as osteoporosis, heart disease and many others.

Dr. Carolyn Dean is a medical doctor and a natropathic doctor. She has authored 22 books including The Magnesium Miracle, The Complete Natural Guide to Women’s Health, The Everything Alzheimer’s Book and many others. She has been on ABC’s The View, NBC and CBS. Dr. Dean is the medical director of the Nutritional Magnesium Association.

You can get a free 32 page e-booklet on Magnesium: The Missing Link to Better Health at www.nutritionalmagnesium.org.

Healthy Alternatives – CREATING SUCCESS FOR YOURSELF

June 11, 2012

YOURSELF Join me and my guest, Transformation Genie Eliza Bergeson, as we explore the true nature of success and how it can be achieved by anyone at any stage in life no matter what their circumstances are(www.YesInSuccess.com).

Eliza is a performance coach, life coach, Energy Kinesiologist and author of The Yes in Success: How to be the star you are and live the life you love. She has trained and mentored a generation of New England’s most talented Energy Kinesiologists.

Eliza’s dynamic, approach to building success has inspired thousands of people to step onto a bigger stage as the lead player in creating their life.

Healthy Alternatives – WORKING WITH ELDERS TO REDUCE FALLS AND INCREASE MEMORY

June 18, 2012

MEMORY Join me and my guest, Karen Peterson, as we talk about a program that she has developed that prevents falls in the elderly and helps to restore memory (www.MoveWithBalance.org).

Karen Peterson has an MA. She has 40 years of teaching experience in adult eduction programs and senior centers. Karen has been working with senior citizens for 18 years. In 2000, she began a nonprofit called Giving Back and one of the programs, Move With Balance, focuses on using active elders to mentor frail elders by practicing integrative movements. She has achieved some very dramatic results that we’ll be talking about.

Karen Peterson is a Licensed Brain Gym Instructor, a Certified Natural Vision Improvement Instructor, Certified Massage Therapist and Certified Touch for Health Instructor.

Healthy Alternatives – FIGHTING FOR YOUR HEALTH

June 25, 2012

Join me and my guest, Darrell Rogers, as we talk about the Alliance for Natural Health USA that is deeply involved in fighting to protect our health from governmental organizations, legislators, companies and organizations that are looking to capitalize on putting out products and legislation that are harmful to us (Anh-Usa.org).

Darrell Rogers is the Communications and Campaigns Director with the Alliance for Natural Health USA. ANH-USA is the largest grassroots organization in the country fighting to protect our access to natural health. You’ll learn how individuals combining together have been able to stop negative legislation in its tracks. Darrell has been working in politics for 12 years and brings with him Capitol Hill and political campaign experience.

Healthy Alternatives – DREAMING YOUR DREAMS AND FULFILLING YOUR LIFE

July 2, 2012

Join me and my guest Marcia Wieder, CEO and Founder of Dream University (www.DreamUniversity.com). In this show we will be talking about the importance of having dreams and how you can fulfill yours.

Marcia Wieder is personal Dream Coach to Jack Canfield, co-author of the Chicken Soul for the Soul book series (www.JackCanfield.com). She is past president of the National Association of Women Business Owners and has often been at the White House where she has met Ronald Regan, Jimmy Carter and George Bush, Sr. She is on the Advisory board for the Make a Wish Foundation (www.wish.org) and is a columnist for the San Francisco Chronicle.

Marcia has appeared several times on Oprah, The Today show and she has hosted in her own PBS-TV special. She has written 14 books and her latest is called Dreams are Whispers from the Soul.

Healthy Alternatives – HOW TO LIVE THE LIFE YOU’VE ALWAYS WANTED

July 8, 2012

WANTED Join me and my guest, Gina Castellano, as we talk about how you can deliberately live an inspired life to create your life as you’d like it to be (www.JourneyToYourDream.com). Gina has just published her first book, The Journey to Your Dream, which is a powerful guided journal that gives you the expereiences you need to change your life.

Gina Castellano has been a Healing Arts Practitioner since 1990 working with modalities such as New Decision Therapy, Body Talk, Advanced Feng Shui, and Soul Retrieval. In 2007 she began studying the Teachings of Abraham®, and immediately recognized them as leading edge teachings on the manifestation process. She made it her personal mission to master the art of deliberate creation, and has been personally working with it and leading her clients very successfully through the process that she has developed.

Healthy Alternatives – SOLVING ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD) WITHOUT DRUGS

July 16, 2012

Join me and my guest, Nicky VanValkenburgh, as we discuss what ADHD is and what you can do about it. Nicky will be talking about a light and sound machine that can conquer ADHD in 60-days (www.TrainYourBraintansformYourLife.com).

Nicky VanValkenburgh is the author of the book Train Your Brain, Transform Your Life: Conquer Attention Deficit Hyperactivity Disorder in 60 Days, Without Ritalin. Her book was voted “Best Self Improvement Book in 2011? by the Mom’s Choice Awards and “Best Motivational Book” by Reader’s Favorities Awards. She was also a Grand Finalist in the USA Today Book Awards.

Nicky is a movitational writer with 20 years experience writing for newspapers and magazines. She has a Master’s in Journalism and a Bachelor’s in Psychology.

Healthy Alternatives – SOME OF THE WAYS THE AFFORDABLE HEALTHCARE ACT WILL IMPACT YOU

July 23, 2012

YOU Join me and my guest, Dr. Julie Chen, as we talk about some of the impacts that the Affordable Heallthcare Act will have on you now that it was declared consititutional by the Supreme Court (www.MakingHealthyEZ.com).

Dr. Julie Chen is an integrative medicine physician with her own clinic in San Jose, CA. Dr. Julie incorporates many different alternative and complimentary approaches into her practice.

Dr. Julie has a background in internal medicine and has worked in corporate wellness in a number of Silcon Valley based companies. She has served on various medical expert panels and has been published in magazines and newspapers.

As we explore some of the ramifications of the impact of the Affordable Healthcare Act, we will talk about how it will affect the availability of integrative medicine.

Healthy Alternatives – A DIFFERENT WAY TO LIVE HAPPILY EVER AFER

July 30, 2012

AFER Join me and my guest, Lise Stryker Stoessel, as we talk about how she saved her marriage and rescued her family by staying married, but living apart (www.lisestrykerstoessel.com). .

Lise Stryker Stoessel is an artist, speaker, educator and author of the recently released book, Living Happily Ever After, Separately. After 23 years in a challenging marriage, Lise came to the point where she could no longer live with her husband. Since they had kids, she also realized that she didn’t want to wreck the family by divorcing. So, she came up with the idea of living separately. It’s been five years and their marriage has been totally transformed. Join us as we explore her and her family’s changed situation.

Healthy Alternatives – USING SEX AS A WAY TO HEAL

August 14, 2012

oin me and my guest, Betty Louise, as we talk about using sex as a healing method (www.coachbettylive.com). While I had posted this show last week, I put the wrong interview with it, so you have never heard this interview.

Betty Louise was diagnosed with Rheumatoid Arthritis more than 25 years ago. After 15 years on drugs, she decided to trust her own inner guidance and she began to use sex as part of her healing. She went from having great pain and difficulty even getting out of bed to being pain free.

Betty Louise is know as the ‘Queen of Flow” and she is the founder of the internet radio show, Living an Organic and Orgasmic Life. During my interview with her, you’ll learn how to fall in love with yourself.

Healthy Alternatives – CREATING POSITIVE ENERGY POWER, HOPE HEALTH AND HAPPINESS

August 19, 2012

Join me and my guest, Edith Namm, as we talk about her approach to creating Positive Energy Power (www.ENamm.com). Edith is an extremely active and vibrant 84 year young person who shares her wisdom in her new book Change to a Positive Mindset and Extend Your Lifeline.

Edith Namm has 25 years of experience as a Counselor and Educator and over 20 years of experience as a Certified Specialized Handwriting Analyst. She has survived thyroid, breast, colon and liver cancer. Edith has authored six books and she’ll share her secrets for freeing your mind of fear and show you how to increase your smile mileage.

Healthy Alternatives – FORECASTING THE FUTURE OF HEALTH CARE

August 26, 2012

CARE Join me and my guest, Daniel Burrus, as we talk about what’s coming down the road for the future of health care (www.burrus.com).

Dan Burrus is the author of six books, including The New York Times and Wall Street Journal bestseller Flash Foresight: How to See The Invisible and Do The Impossible.

Dan is considered one fo the world’s leading technology forecasters and business strategists. He is an advisor to many Fortune 500 companies. Dan helps them develop successful competive strategies based on the creative application of leading-edge technologies. In this show, Dan will be focusing on how to predict the future and in the health care arena.

Healthy Alternatives – WE TALK ABOUT HEALTHY EATING, NOW LET’S TALK ABOUT HEALTHY COOKING

September 3, 2012

My guest this week is Mairlyn Smith (www.MarilynSmith.com). She is a home economist and food writer who is also an alumi of the Second City Comedy Troupe (quite an interesting combination!). Mairlyn is the author of the bestselling cookbook Ultimate Foods for Ultimate Health and Don’t Forget The Chocolate! THis book received the Gold Award at the Canadian Culinary Awards. Her latest book is Healthy Starts Here. Join us as we have a fun time exploring healthy eating and cooking.

Healthy Alternatives – SCHOOLS ON! WHAT YOU CAN DO TO INCREASE YOUR KIDS PERFORMANCE

September 9, 2012

Join me and my guest, Sharon Promislow, as we talk about how you can help your kids have a great school year (www.EnhancedLearning.com).

Sharon is an expert helping kids improve their performance. She is the author of three books Making The Brain/Body Connection, Putting Out The Fire of Fear and The Top Ten Stress Releasers. Since 1987, she has been a practitioner and Instructor of Brain Gym®, Touch for Health, Three In One Concepts, Wellness Kinesiology and Creative Learning and Presentation skills. Sharon Promislow presents internationally to school districts where she speaks at teacher in-services and education conferences.

Sharon has appeared on all the major TV networks, as well as many popular syndicated TV and radio shows. Her book, Making The Brain Body Connection, is one of the 100 best-selling books in Cognitive Psychology.

Healthy Alternatives – A DEFINING MOMENT – THE CALIFORNIA REFERENDUM ON GMO LABELING

September 16, 2012

LABELING This a crucial time for many things. Join me and my guest, Stacy Malkan, as we talk about one of these – the Proposition on the California ballot this November to require labeling on products that use genetically engineered organisms (www.CaRightToKnow.org). This is important because the GMO companies, Monsanto, Dupont and others have been able to threaten 16 State legislatures so that they killed their bills to require GMO labeling. This is the opportunity to let consumers have the choice of whether or do to purchase GMO products. And if California voters approve this ballot initiative it’s likely that all labels on products sold in this country will give all of us the choice.

Stacy Malkan is the media director for the Yes on 37 California Right to Know campaign for labeling genetically engineered foods.

Healthy Alternatives – USING SOUND TO HEAL

September 24, 2012

Join me and my guest, Alex Doman, as we talk about the importance of sound in our lives and how it can affect our health (www.AdvancedBrain.com).

Alex Doman is the author of the bestselling book, Healing at the Speed of Sound. He is the founder and CEO of Advanced Brain Technologies and has focused his career on sound, music and technology and their capacity to improve brain health and performance. Alex has been the co-producer of Music for Healing at the Speed of Sound and Music for Babies. Alex has been the executive producer, creator and collaborator on more than 50 other albums, products and technologies.

He has been interviewed extensively on sound brain fitness music which includes: NBC, NPR, Marketplace, Wall Street Journal, Self and many other shows. Alex lectures internationally and has trained thousands of health, education and music professionals in the brain based applications of sound and music.

Healthy Alternatives – FROM WHEEL CHAIR TO TRIATHLON, HOW ELECTRO-THERAPY CHANGED ONE MAN’S LIFE

October 1, 2012

Join me and my guest, John Thorpe, as we talk about the impact of electro-therapy on changing his life (www.ThorpInstitute.com). Twenty-five years ago, John Thorp was a successful stuntman for shows such as Hawaii Five-0 and Magnum P.I.. John shattered all the bones in his right leg and was told by the doctors that he would require a total knee replacement if he was ever to walk without the use of a cane. He decided against the surgery and was successfully treated using the Electro-Acuscope and Myopulse. After he healed, the first thing he did was to run a triathlon!

His results sent John on quest to share the power of Electro-Acuscope and Myopluse with the world. Since then, he founded the Thorp Institute of Integrated Medicine, Inc. and he has become one of the foremost authorities on microcurrent technologies. John has created and offers industry-leading treatments protocols. He has even worked with the horse, I’ll Have Another, who won the Kentucky Derby and the Preakness.

Healthy Alternatives – AN AMAZING STORY: GOING FROM QUADRAPLEGIC TO BEING ABLE TO WALK AND FUNCTION AGAIN

October 7, 2012

Join me and my guest, Dr. Charles Krebs, as we talk about his fascinating journey from having gotten the bends and becoming a quadriplegic to being able to walk and take charge of his life again. To accomplish this, Charles explored all kinds of alternative therapy (www.LydianCenter.com). Since he was a research scientist, his exploration lead Charles to kinesiology which allowed him to walk again. He has now developed his own system for helping people with learning disabilities to heal called LEAP (Learning Enhancement Acupressure Program).

Dr. Charles Krebs background is also unique. He was an Associate Professor at St. Mary’s College of Maryland. He was a Research Scientist at the Queenscliff Marine Science Laboratory and Chief Analytical Chemist and Head of the EPA Water Quality Laboratory in Australia. Dr. Krebs has published two books, A Revolutionary Way of Thinking and Nutrition for the Brain. Currently, he runs a busy clinical practice at the Lydian Center for Innovative Medicine in Cambridge Massachusetts.

Healthy Alternatives – USING BOAT BUILDING TO HELP KIDS AT RISK

October 15, 2012

Join me and my guest, Cecilia Koester, as we talk about how she got into using boat building as a way to work with youth that are at risk (www.movementbasedlearning.com.

Cecilia Koester has been a special education teacher for over thirty years. She has authored two books, I Am The Child: Using Brain Gym With Children Who Have Special Needs and Movement Based Learning For Children of All Abilities. After leaving the classroom she opened a school for boat building for Youth at Risk. She’s going to share how this changed these kids lives.

Cecilia currently runs a course called Brain Gym® for Special Needs Providers that teaches parents, teachers and therapists how to use movement with children who have special needs

Healthy Alternatives – A DOC TURNS TO SOUND AS A HEALING TOOL

October 22, 2012

Join me and my guest, Dr. Ron Minson, as we talk about his journey from tradition doctor to a leader in Sound Therapy (www.IntegratedListening.com). Many years ago, his daughter was suffering from severe learning disabilities. As a doctor, he pursued all regular medical avenues with no success. This caused him to look at alternatives and in 1989 he took his daughter to an expert on sound therapy, Dr. Tomatis in France. Dr. Minson went through the course with his daughter and was amazed at the transformation in her. This motivated him to study with Dr. Tomatis and then he branched out on his own.

Dr. Minson is currently Clinical Director and Advanced Trainer for Integrated Listening Systems, a company which combines an auditory program with visual balance and movement exercises for improving brain function in autism, learning disabilities and brain injury. He is one of the leading authorizes on the clinical application of sound and he writes and presents to medical and educational audiences on the use of a multisensory approach to improving brain function.

Dr. Minson received his medical training at UCLA School of Medicine. He is board-certified in Psychiatry and Neurology. He has served as a family physician, clinical psychiatrist and past Chief of Psychiatry at 2 teaching hospitals in the Denver area.

Healthy Alternatives – USING MEDITATION TO TOUCH YOUR INNER SOUL

October 29, 2012

Join me and my guest, Dr Irene Cohen, as we talk about meditation and using it to quiet the mind and reach a state of oneness (www.drirenecohen.authorsxpress.com).

Dr Irene Cohen is a psychiatrist, acupuncturist, interfaith minister and student of the Course in Miracles. She has been in medical practice for almost 30 years. Her seeing the difficulties her clients were having succeeding with convention psychotherapy caused her to explore alternative approaches. One of these was meditation. From her own practice, she learned to clearly hear the voice within and from that experience her latest book was written, Soul Journey to Love.

Over the past 17 years he has been on the Advisory Board of the Emotional Freedom Technique and has been conducting workshops in qigong, meditation, sound and color.

Healthy Alternatives – THE THYROID GLAND IS WAY MORE IMPORTANT THAN YOU MAY HAVE THOUGHT

November 5, 2012

Join me and my guest, Nonnie Chrystal, as we talk about thyroid gland and how it’s being impacted by what we eat and the radiation from the Fukushima nuclear disaster (www.Health-Gems.com). While the thyroid gland is crucial to our lives, it’s iodine that powers it and many of us are deficient in this vital nutrient. We’ll talk about different iodine products available and how important selecting the right one can be.

Nonnie Crystal graduated with a BS from Tulane University School of Engineering. Nonnie has had over 17 years of information technology consulting experience of which half of it was working with pharmaceutical based Fortune 50 companies such as Johnson & Johnson and Nestle. Nonnie has become an Independent Medical Researcher with decades of research and experience in holistic, complimentary and conventional medicine.

She has been a frequent guest on national radio as an expert on iodine, radiation poisoning and natural solutions for neutralizing radiation spreading globally from the Fukushima nuclear disaster in Japan. She was the keynote speaker at the Total Health Show talking about “The Thyroid: The True Master Gland Behind Immortality.”

Healthy Alternatives – PUTTING THE USED SOAP FROM HOTELS TO A HEALTHY USE

November 12, 2012

Join me and my guest, Shawn Seipler, as we talk about the foundation that he has created that gets the soap you use in a hotel room to people in the developing world (www.CleanTheWorld.org). Several years ago, Shawn as staying at a hotel and asked himself the questions “I wonder what they do with this soap.” This has lead him on a journey of discovery and one that now helps hundreds of thousands of people around the world have a cleaner, better future.

Many diseases in third world and developing countries can actually be reduced dramatically just by adding a bar of soap to a person’s everyday life. Shawn recently returned from a trip distributing soap in Honduras with the assistance of the United States Army.

Shawn is a social entrepreneur who has focused his business, management and leadership skills on advancing humanitarian causes through philanthropic efforts. This lead to his creating the IRS 501 C3 charitable organization called Clean the World. What Clean the World does is recycle hotel soaps and bottled amenities, such as shampoo and conditioner, for people in need. In just three years Clean the World has enlisted more than 1600 hotel partners in North America to join this recycling program. In 2011, Clean the World won the Sustainable Florida Award for Best Practices and Shawn was selected among the 2011 “40 Under 40” people to watch by Connect Magazine.

Healthy Alternatives – ALTERNATIVE WAYS TO HEAL BACK PAIN

November 19, 2012

So you’ve got a pain in your back, do you go to the doctor or do you use alternative treatments? If you go alternative, what are the options that you can explore? Join me and my guest, Kathi Casey, The Healthy Boomer Body Expert, as we talk about the options that are available to stop your back pain (www.HealthyBoomerBody.com).

Kathi Casey is a health and wellness coach, Amazon bestselling author, speaker and radio show guest. Kathi produces her own TV show, “To Your Health” and is a columnist for Boomers Forever and Boomer-Living. She is founder of The Healthy Boomer Body Center and her latest book is STOP Back Pain.

Healthy Alternatives – HIGH CHOLESTEROL, IS IT REAL OR IS IT A MYTH?

November 26, 2012

REPEAT OF OCT 2011

Healthy Alternatives – SO YOUR KIDS ARE DRIVING YOU CRAZY, LEARN WHAT YOU CAN DO TO CHANGE THE SITUATION

December 3, 2012

Join Me and my guest, Nurse Rona Renner, as we talk about how parents can learn to yell less and even have a happier home (www.Nurserona.com).

Rona Renner has been a Registered Nurse for 46 years and a Parent Educator for over 23 years. Rona was trained as a temperament specialist in 1991. She was the host of a weekly talk show for ten years called Childhood Matters. She has been on CNN, 20/20 and NBC. She currently does a weekly podcast with Dr Christine Carter of the Greater Good Science Center called Happiness Matters.

Healthy Alternatives – THE HOLIDAYS ARE UPON US, SO IS THERE A WAY TO GET THROUGH THE HOLIDAYS WITHOUT PUTTING ON WEIGHT?

December 10, 2012

Join me and my guest, Dr. Julie Chen, as we talk about how to at least maintain your weight during the holidays (www.MakingHealthyEZ.com). We’ll talk about the pitfalls at the office, at the parties and at the dinners you’re going to be going to and how you can come through these fields of temptations successfully.

Dr. Julie Chen is a board certified integrative medicine physician with her own clinic in San Jose, CA. In her practice, she incorporates a wide range of complementary and integrative approaches to the practice of medicine. Dr. Julie has worked in corporate wellness in a number of Silicon Valley based companies and is regularly featured on radio and TV shows. You’re not going to want to miss this one, especially with your being in the middle of the holiday season!

Healthy Alternatives – USING MIND MAPPING TO GET MORE OUT OF YOUR BRAIN

December 17, 2012

Join me and my guest, Tom Kavanaugh, as we talk about Mind Mapping (www.New TrainingStrategies.com).. Mind mapping is a system that helps you think about things and outline them just like your brain does. Mind mapping has even been used by Boeing in designing and building a new plane. Tom will share ways you can use mind mapping in your life.

Tom Kavanaugh has three decades of sales experience and a rich background in Neuro Linguistic Programming, hypnotherapy and accelerated learning. He has a BA degree in Clinical Hypnotherapy and a Masters in Transpersonal Psychology. He also has certifications in NLP, Mind Mapping and PhotoReading.

Tom is president of New Training Strategies. He conducts seminars on how to use accelerated learning skills to improve your knowledge base and your life. Tom has created the R.E.L.E.A.S.E. technique to release the effects of Post Traumatic Stress Disorder in veterans, first responders and trauma survivors.

Healthy Alternatives – IMAGINE GOING TO WORK ON MONDAY AND LOVIN IT!

December 24, 2012

REPEAT

Healthy Alternatives – DREAMING YOUR DREAMS AND FULFILLING YOUR LIFE IN THE NEW YEAR

December 31, 2012

REPEAT

Join me and my guest Marcia Wieder, CEO and Founder of Dream University (www.DreamUniversity.com). In this show we will be talking about the importance of having dreams and how you can fulfill yours in 2013

Marcia Wieder is personal Dream Coach to Jack Canfield, co-author of the Chicken Soup for the Soul book series (www.JackCanfield.com). She is past president of the National Association of Women Business Owners and has often been at the White House where she has met Ronald Regan, Jimmy Carter and George Bush, Sr. She is on the Advisory board for the Make a Wish Foundation (www.wish.org) and is a columnist for the San Francisco Chronicle.

Marcia has appeared several times on Oprah, The Today show and she has hosted in her own PBS-TV special. She has written 14 books and her latest is called Dreams are Whispers from the Soul.

Healthy Alternatives – BRING KIDS AND ELDERS TOGETHER: CHANGING THE LIVES OF BOTH

January 7, 2013

Join me and my guest, Marsha Gildin, as we talk about giving meaning to the elderly and understanding to kids by them sharing the arts (www.estanyc.org). Marsha holds a Masters in Science in Education from CUNY Queens College and served as Faculty in the Graduate School of Education.

Marsha Gildin is a Master Teaching Artist with Elders Share the Arts (ESTA), which is based in Brooklyn, New York. She has taught drama, puppetry and intergenerational arts to students of all ages and abilities in school and community-based settings since 1974. Her passion is for connecting generations, cultures and communities through the art of storytelling and performance. Marsha is a theatre performer and director of ESTA’s intergenerational living history theatre program.

Healthy Alternatives – THERE’S A WAY TO CURE ALZHEIMER’S DISEASE

January 14, 2013

Join me and my guest, Dr. Mary T. Newport, as we talk about her discovery and her experience of curing Alzheimer’s Disease in her husband and others.

Dr. Mary Newport graduated from the University of Cincinnati College of Medicine in 1978. She trained in Pediatrics at Children’s Hospital Medical Center in Cincinnati and in Neonatology at the Medical University Hospital. She is founding medical director of the newborn intensive care unit at Spring Hill Regional Hospital.

None of this prepared her for having to become caregiver for her husband, Steve, when he was diagnosed with early onset Alzheimer’s Disease. In researching the area, she came across a study which mentioned a possible cure. She began to use it on her husband and within days he had dramatically improved. From this experience Dr. Newport began using it on others and getting the same results, Dr. Newport wrote the book Alzheimers Disease: What If There Was a Cure? The Story of Ketones. You’re

Healthy Alternatives – A NEUROSERGEON UNDERGOES A TRANSFORMATION WITH A NEAR DEATH EXPERIENCE

January 21, 2013

EXPERIENCE Join me and my guest, Dr. Eben Alexander III, as we talk about his unique experience (www.LifeBeyondDeath.net).

Dr. Eben Alexander has been an Academic Neurosurgeon for the last 25 years. He’s taught at Brigham and Women’s and the Children’s Hospitals and Harvard Medical School. Following this traditional path, Dr. Alexander as authored or co-authored over 150 chapters and papers and made over 200 presentations at conferences and medical centers around the world.

He then had a life changing experience that challenged everything he knew about how the brain and the mind worked! He had a sudden illness and spent a week in a deep coma with almost no brain activity. He was not expected to live. During this coma he had a Near Death Experience which changed his life. He wrote his experience down and has just published the book Proof of Heaven. Dr. Alexander recently talked about his experience on Oprah’s Super Soul Sunday show.

Healthy Alternatives – LOOKING AT FOOD FROM A HOLY NEW DIRECTION

January 27, 2013

Join me and my guest, Meadow Linn, as we talk about the mystic secrets of food (www.TheMysticCookbook.com). Meadow Linn created her first dish when she was three years old. Her awareness and impact on the world started early. When she was 10 years, old she was so impacted by the Exxon Valdez oil spill that she began writing a monthly environmental column for children.

When Meadow was 18, as a self-taught chef and lover of all things edible, she started catering her mother’s, Denise Linn, retreats. Doing this she saw the powerful connection between not just what we eat, but also how we eat and how we feel. We are going to be talking to her about the relationship of food and our spiritual path and how choices about food can expand our consciousness. Meadow has co-authored a book with her Mom, The Mystic Cookbook: The Secret Alchemy of Food.

Healthy Alternatives – HOW WOULD YOU LIKE TO READ A PAGE A MINUTE!

February 4, 2013

Join me and my guest, Tom Kavanaugh, as we talk about PhotoReading, a method for raising your reading speed and comprehension to an almost unbelievable level (www.NewTrainingStrategies.com).

Tom Kavanaugh has a Master Degree in Transpersonal Psychology. He’s a Certified Master Neuro Linguistic Programming Practitioner and Trainer and a Certified Trainer of Clinical Hypnotherapy. He is also certified and teaches PhotoReading. PhotoReading is a way to read a page a second with almost complete comprehension. Sounds impossible, well, it’s not only possible, you can learn how to do it in a couple of days. Tom is also the originator of a technique that can release the effects of Post Traumatic Stress Disorder.

Healthy Alternatives – WORKING WITH OUR BODY’S REFLEXES TO CREATE PROFOUND CHANGES IN CHILDREN AND ADULTS

February 11, 2013

Join me and my guest, Dr. Svetlana Masgutova, as we talk about the body’s reflexes and neuro sensory skills and how they can be changed to allow profound healing to take place (www.MasgutovaMethod.com).

Dr. Svetlana Masgutova has a Ph.D. in Developmental and Educational Psychology and an Associate Professor degree from Russia. Dr. Masgutova also received a post-graduate degree in Clinical Neuro-Speech Development. She has authored over 120 published works in the field and is the director of the Svetlana Masgutova Educational Institute for Neuro-Sensory-Motor and Reflex Integration.

Her focus has been researching the influence of primary movements on different aspects of development and learning. She as used her approach to work with Post Traumatic Stress Disorder in victims of the Chernobyl nuclear catastrophe, a horrific train crash, and many other traumatic situations. Her work can transform the lives of adults and children who have endured birth trauma, genetic challenges, injuries, emotional and mental traumas. Her program has been used world-wide with over 28,000 children and adults.

Healthy Alternatives – MAKING YOUR RELATIONSHIPS FLOURISH

February 18, 2013

Join me and my guest, Hanna Kok, as we talk about how you can make your relationships flourish bringing you greater levels of satisfaction (www.makealife.co.za).

Hanna Kok has an education degree and taught chemistry and biology. She is now the head of Brain Gym® in South Africa. She has been a Brain Gym trainer since 1993. Recently, Hanna has written the book Happy Even After, Make Your Relationships Flourish. We’ll be talking about her book and the key elements that are necessary to create a successful relationship. These principles will apply to both personal and business relationships.

Healthy Alternatives – UNDERSTANDING AND APPLYING THE PSYCHOLOGY OF EATING

February 25, 2013

Join me and my guest, Marc David, as we discuss the impact the psychology of eating has on your health and wellness (www.PsychologyOfEating.com).

Marc David is the founder of the Institute for the Psychology of Eating. Marc is a leading visionary, teacher and consultant in Nutritional Psychology. He is the author of the bestsellers Nourishing Wisdom, The Slow Down Diet and Mind Body Nutrition. Mark has held senior consulting positions at Canyon Ranch Resorts, the Johnson and Johnson Corporation, and the Disney Company. His focus is on teaching students and professionals how to effectively work with the most common eating challenges of our times. We’re going to talk about some unique aspects of nutrition that you may have never thought about.

Healthy Alternatives – CREATING HAPPINESS AND MEANING OUT OF CHAOS

March 4, 2013

Join me and my guest, Julie Hill, as we talk about the Lost Boys and Girls of The Sudan and their amazing journey from total chaos, death and destruction to a new life and promise (www.LostBoysUS.org).

Julie Hill ran across a couple of the Lost Boys when they had come from Africa to the United States. This experience changed her life and has changed the lives of the Lost Boys in the Norfolk area and the lives of their relatives back in Africa. From her experience with the Lost Boys she began a humanitarian organization called Outreach Africa: Lost Boys Foundation. The purpose of this organization is to take every dollar it receives and use it to help the lives of the Lost Boys and Girls in Norfolk and to help their relatives back in Africa receive an education. So far through individual sponsors they have helped over 50 students graduate from High School in Kenya and Uganda and they are helping 140 more students receive an education.

This is a story that will touch your heart and soul as you understand the experiences of the Lost Boys and Girls and how their value system that has allowed them to take the crushing blows that life has brought and to still move forward to succeed.

Healthy Alternatives – USING EVIDENCE TO DEVELOP HEALTH AGING PROGRAMS

March 11, 2013

Join me and my guest, Kristie Kulinski, as we talk about programs to help people age better (www.ncoa.org/cha).

Kristie Kulinski is a Senior Program Manager with the Center for Healthy Aging which is a part of the National Council on Aging (NCOA). NCOA is a nonprofit service and advocacy organization whose mission is to improve the lives of millions of older adults, especially those who are vulnerable and disadvantaged. The Center for Healthy Aging helps community-based organizations develop and implement proven programs that promote healthy living in older adults.

Kristie has presented at numerous state and national conferences on evidence-based programs for health aging and we are going to talk about these programs and how they can help people with chronic conditions. She has a B.S. in Human Development and Family Studies from Penn State University and her Master of Social Work from California State University, Northridge.

Healthy Alternatives – Two Exciting Supplements You Didn’t Know About

March 18, 2013

Join me and my guest, Dr. Julie Chen, as we talk about two supplements that you probably haven’t heard about that can have a really positive impact on your health (www.makinghealthyez.com).

Dr. Julie Chen is a board certified integrative medicine physician with her own clinic in San Jose California. Dr. Chen incorporates a range of integrative therapies such as medical acupuncture, Chinese scalp acupuncture, osteopathic manipulations, clinical hypnotherapy, vitamin supplementation and herbal therapy into her practice. She has a background in internal medicine and has worked in corporate wellness for a number of Silicon Valley corporations. Dr. Chen has been on numerous radio and TV shows with her most recent appearance being on the Dr. Oz show.

Healthy Alternatives – IMAGINE GOING TO WORK ON MONDAY AND LOVIN IT!

March 25, 2013

2nd REPEAT