

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



HEALTH & WELLNESS



### Healthy View Radio

Archives Available

**December 14th 2017: Self-Care with Brodie Welch**

In today's episode, we'll be chatting with Brodie Welch, the creator and host of 'A Healthy Curiosity': the podcast that explores what it takes to be well in a busy world, about what self-care actually means. We'll also talk with Health Coach, Lindsey Goldwasser. Click this link to leave us a rating and review: [HealthyViewRadio.com/review](http://HealthyViewRadio.com/review)

### Tune in

Archives Available on  
VoiceAmerica Health and  
Wellness Channel

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

[DOWNLOAD PDF](#)

[GET CODE](#)

### Featured Guests



#### Brodie Welch

Brodie Welch is a Licensed Acupuncturist, board-certified herbalist, Chinese Medicine expert, group coach, and self-care strategist.

[Read more](#)



#### Lindsey Goldwasser

In 2010, Lindsey began her career as an Early Childhood Special Education Teacher (her dream job). As she settled further into her stressful 9-5, she noticed a shift in her digestion and suddenly foods that used to fuel her left her exhausted and in pain. Lindsey's diet became more and more limited due to chronic sinus infections and digestive troubles.

[Read more](#)

### Share This Episode

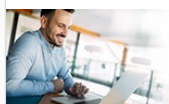
[Share On Facebook](#)

[Share On Twitter](#)

[Share On LinkedIn](#)

### Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

[VOICEAMERICA BLOG](#)