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HEALTH & WELLNESS



The Healing Whisper: A Return to Peace  
with host Dr. Mary Anne Chase  
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**April 6th 2018: Killer Cold: OTC Items You Need  
On Hand To Weather Spring**

It has definitely been a record winter this year with no sign of letting up. Every time you walk into a drug store, it seems like they are sold out of everything when it comes to protecting yourself from the harsh elements that winter brings. So what are the essential, over-the-counter remedies you should stock up on now to winterize your body for the second-half of winter? Integrative pharmacist, Georgea Pasedis, has go to solutions for your body, inside and out, that can help you weather winter's and spring's harsh weather.



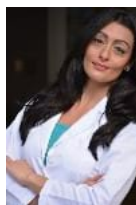
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#### Featured Guest



##### Georgea Pasedis

Georgea Pasedis, PharmD., R.Ph, is a pharmacist and nutraceuticals-meets-pharmaceuticals integration expert. She earned her doctor of pharmacy degree from Massachusetts College of Pharmacy and Health Sciences in Boston and is currently finishing her MBA from Quinnipiac University.

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