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EMPOWERMENT



Things Worth Considering
Thursday at 5 PM Pacific /8 PM Eastern
March 5th 2020: Grounded - Smartphones May Impede These Connections

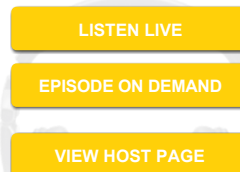
From childhood onward, we are subjected to multiple influences that seek to tell us who we are, how we are supposed to be, act, think. Slowly we disconnect from who we are trying without success to be what other people want us to be. We may begin to experience a disconnect between our body, emotions and spirit. If someone hurt us physically or sexually, the trauma disconnects us in powerful ways. We may withdraw socially, shut down our ability to feel, we become silent. The good news is we can learn to reconnect. Studies in the area of Human connections have identified a very simplistic pra

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Featured Guest

Guest Image

Alexia Georgousis ND

Alexia is a Naturopathic Doctor practising in Toronto. She is the former associate dean of clinical studies at the Boucher Institute of Naturopathic Medicine in British Columbia and was also on the clinical faculty at the Canadian College of Naturopathic Medicine for 15 years. Today Alexia teaches Homeopathy and Pathology at Torontos Transformatonal Arts College. Alexia maintains private practices at 2 clinics in Toronto . When one aspect of ourselves is misaligned it impacts our wellbeing we no longer thrive.

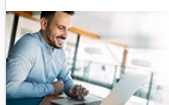
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