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HEALTH & WELLNESS



SHE TALKS HEALTH PODCAST

Hosted by Sophie Shepherd

SHE Talks Health Archives Available

**March 17th 2020: How emotional abuse shut
down my body - Finding Your Inner Health
Wisdom**

In this episode, your host of SHE Talks Health, Sophie Shepherd, is being interviewed by Lee Noto and opening up about her rollercoaster healing journey through emotional abuse that lead to Autoimmune Hashimotos Thyroiditis, her life long battle with Irritable Bowel Syndrome, navigating Endometriosis and Ovarian Cyst scares and how starting her career in Health & Wellness actually sparked more health issues. We will explore why she had to blaze her own path to healing by listening to her body's own innate wisdom and intuition. If you are a woman struggling with shame and anxiety around your c

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Featured Guest



Lee Noto

Lee is an Intimacy Coach & Sensuality Specialist. She supports powerful women in cultivating Emotional and Erotic Intelligence, so they can create Untamed Intimacy in their romantic relationship(s). Lee believes that being aware of our needs, expressing our desires and powerfully owning our deepest sensual nature allows us to come alive in the world, and experience infinite magic.

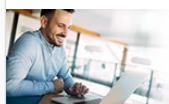
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