



**Go To Health!**  
**Wednesday at 12 Noon Pacific**  
**October 6th 2021: Arthritis: Exercise and Stem Cell Research**

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Wednesday at 12 Noon Pacific  
Time on VoiceAmerica Variety Channel

TRINA WIGGINS MD returns to share her best practices to manage arthritic pain while maintaining optimal fitness. She's a fitness expert, and Senior Olympics and Bodybuilding medalist. <https://www.trinawiggins.com/> ANTHONY HARTLEY, MBA informs us about stem cell therapy and its potential use in treating arthritis pain and orthopedic conditions with the patient's own stem cells. <https://www.medadvisor.co/> Health News You Can Use

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Featured Guests



**Anthony Hartley, MBA**  
Anthony Hartley, MBA has healthcare experience in product development, business development, and corporate training. He has worked on many clinical trials. He and his cofounders have created a platform to educate, connect, and bring new therapies to patients. Anthony's team consults with both individuals, employers and doctor offices, specializing in stem cell therapy and the burgeoning field of Regenerative Medicine. Anthony is reachable at: Email: [anthony@medadvisor.co](mailto:anthony@medadvisor.co) Website: <https://www.medadvisor.co/>

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**Trina Wiggins, MD**  
Dr. Trina Wiggins is a board-certified pediatrician who also competes in fitness and dance competitions with top place finishes. She was named AAU North American Bodybuilding and Fitness 2019 Athlete of the Year. She published K.I.S.S.: Keep It Short And Simple For A Healthy, Sustainable Lifestyle, bundling her knowledge as physician, athlete, and fitness professional to create the ultimate guide for living a healthy yet simple lifestyle. <https://www.trinawiggins.com>

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