



Mastering a Healthy Life Archives Available

On our show we will introduce new techniques, new devices and renew some older methods for pain management that do not involve drugs. These will assist those individuals that want to manage a healthier life style.

We will give choices to manage today's stress and muscular pain using isometrics, methods, exercises, and micro-current home devices that have been studied and proven to be very effective. These machines are used by medical professionals worldwide for many physical conditions and have been FDA approved in the US for pain management.

Many people, especially "baby boomers

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