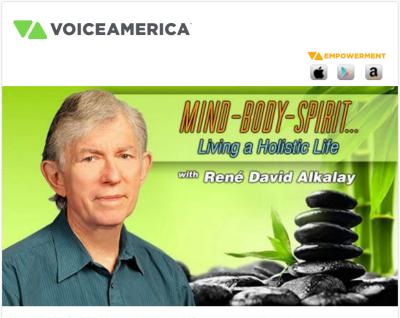
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Mind-Body-Spirit: Living a Holistic Life **Archives Available**

January 15th 2014: Feed your body. Feed your mind.

Feed your body. Feed your mind. Do foods affect our responses throughout the day? What foods counteract depression? What foods make us more anxious, or reduce anxiety. Join Dr. Alkalay as he discusses the relationship between foods and moods.Dr. Alkalay will also discuss the use of various techniques to reduce stress in our lives. Call in with your questions on this important topic.

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