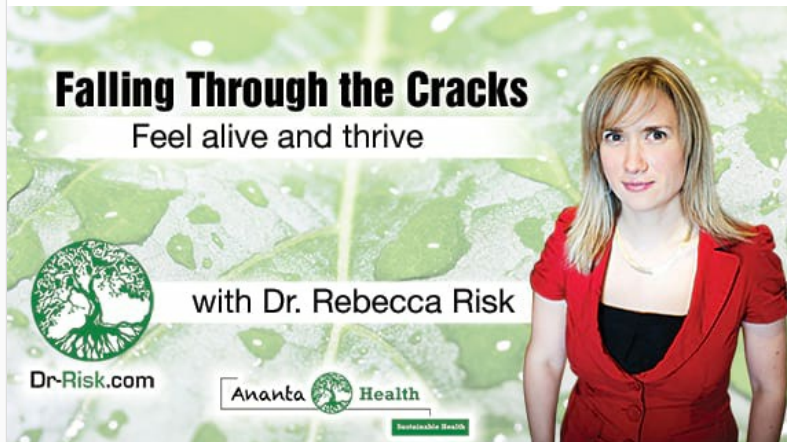


[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



HEALTH & WELLNESS



Falling Through the Cracks: Feel alive and thrive

Archives Available

October 19th 2015: Starting the Journey to wellness

Dr. Risk and Dr. Abbs share their own stories on their health problems and how they found wellness. Both had to take their health in their own hands, and have dedicated their lives to helping others. Being your own health advocate can be the most important thing you do, and the hardest. Join us to hear more, and tips on how to find help.

Tune in

Archives Available on
VoiceAmerica Health and
Wellness Channel

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

[DOWNLOAD PDF](#)

[GET CODE](#)

Featured Guest



Dr. Ashley Abbs

Dr. Ashley Abbs is a Registered Acupuncturist with the College and Association of Acupuncturists of Alberta, Canada and the owner of TerraSana Health, a Woman's Fertility, Pregnancy and Postpartum Health Centre.

[Read more](#)

Share This Episode

[Share On Facebook](#)

[Share On Twitter](#)

[Share On LinkedIn](#)

Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

VOICEAMERICA BLOG