



The Kathryn Zox Show
Wednesday at 7 AM Pacific
October 11th 2017: 'Chronic Pain' and 'Aging and Healthcare'

Kathryn interviews journalist Annie Hopper, author of "Wired for Healing: Remapping the Brain to Recover from Chronic and Mysterious Illnesses". Hopper was stricken with a ravaging condition her doctors couldn't resolve. She had no choice but to try to find a cure herself. She didn't just find one, she created it. Based on a landmark scientific study that revealed the powerful link between the limbic section of our brain and the functions of the body, Hopper has empowered thousands living with chronic illness. Kathryn also interviews healthy aging and wellness expert Dr. Carrie Engelbright,

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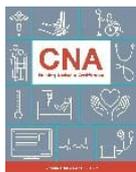
Featured Guests



Annie Hopper

Annie Hopper is in the business of what others would call "medical miracles." In 2004, while working as a busy counselor, newspaper columnist and talk show guest as an expert in Emotional Wellness, her health started to rapidly deteriorate. Mysterious symptoms ensued, and toxic overload was the eventual diagnosis. But even after undergoing detox treatments and an extensive list of healing treatments, her symptoms continued to escalate. After almost 4 years of suffering, Hopper deduced that a toxic brain trauma was most likely at the root, rewired her neural circuits that had been altered, and eventually her symptoms had dissipated. In 2008, Hopper founded The Dynamic Neural Retraining Sys

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Dr. Carrie Engelbright

Dr. Carrie L. Engelbright, lead faculty at Mid-State Technical College Wisconsin Rapids, Wisconsin, and the author of CNA: Nursing Assistant Certification and Workbook (August Learning Solutions, Sept. 2017), is a learned expert in the field of healthy aging and wellness of life. She teaches and raises awareness that a good way to age at home versus a skilled nursing facility is to maintain good health habits. This includes regular doctor visits, staying connected socially, eating healthy, and some form of daily physical activity. In an interview, Carrie can discuss how to effectively encourage older family members to maintain self-care, what it means to age at a healthy pace, why physical

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