

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

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



Uplift Your Life

NOURISHMENT OF THE SPIRIT



Uplift Your Life: Nourishment of the Spirit
Thursday at 8 AM Pacific
September 6th 2018: Preventing and Healing
Headaches and Migraines

Tune in

Thursday at 8 AM Pacific Time
on VoiceAmerica
Empowerment Channel

[LISTEN LIVE](#)

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

Pain, disease, and conditions of the body are treatable, and even curable, in ways that we haven't understood until recently. The dominant belief that headaches and migraines are not curable has led to unnecessary suffering and addictions. There is a way out of this when we choose to take charge of our own health. I have learned this for myself, and I no longer get migraines or serious headaches. If I feel the beginning of a headache, I can get rid of it in minutes. Many researchers point to data that headaches change the brain and you need the medications. What they don't tell us is that the

Questions? Comments?
Call In Live!

Toll Free: 1-888-346-9141
Intl: 001-480-553-5760

[Read more](#)



Featured Guest



Jan Mundo

Jan Mundo is the author of The Headache Healer's Handbook and has held headache programs at medical centers, universities, and corporations including Kaiser Permanente, Stanford University, and Apple.

[Read more](#)

Share This Episode



Connect with VoiceAmerica



Read what our hosts are writing about.

