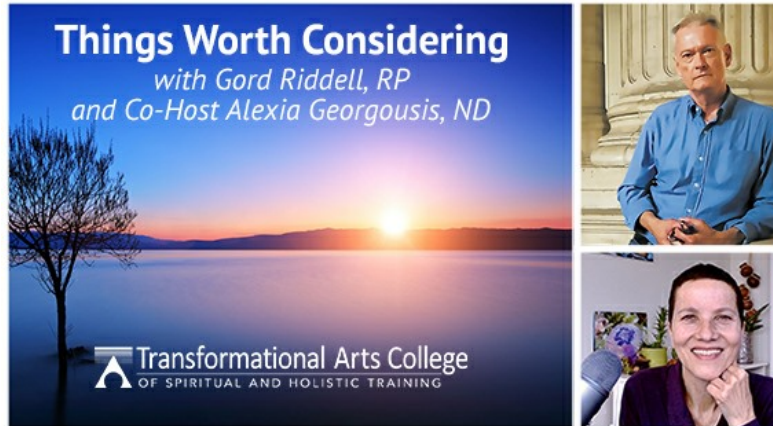


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Things Worth Considering
Thursday at 5 PM Pacific /8 PM Eastern
June 25th 2020: Be Gentle With Yourself

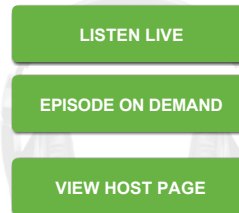
Life is tough right now for a lot of people. Some people are afraid for their health, others have lost jobs, finances are looking precarious for some. There are those who have kept their jobs but must work from home. That means home with the spouse, the children, maybe a couple of pets and you are working amongst the demands, noise and general chaos. The self-talk I am hearing is reflective of the outside, noise and criticism. "I am not getting things done." "Productivity is way down" "I sleep too much", "I eat too much", "You are not working out" ad infinitum. The critical voices in our head a

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Featured Guest



Alexia Georgousis ND

Alexia is a Naturopathic Doctor practising in Toronto. She is the former associate dean of clinical studies at the Boucher Institute of Naturopathic Medicine in British Columbia and was also on the clinical faculty at the Canadian College of Naturopathic Medicine for 15 years. Today Alexia teaches Homeopathy and Pathology at Torontos Transformatonal Arts College. Alexia maintains private practices at 2 clinics in Toronto . When one aspect of ourselves is misaligned it impacts our wellbeing we no longer thrive.

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