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Wednesday at 4 PM Pacific
June 22nd 2022: **Water-Wise, The Pain Solution, Praising Parents**

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Wednesday at 4 PM Pacific
Time on VoiceAmerica
Empowerment Channel

Summer is here and with it water restrictions. What can you grow in a drought and how do you do it so that plants survive? Goddess Gardener, Cynthia Brian offers concrete suggestions for saving water and your landscape. Most of us are acquainted with everyday aches and pains. Some of us, after an injury, after surgery, after COVID, or even without an event, know a different kind of pain — one that lingers and doesn't respond to medications. Cynthia Brian interviews Dr. Saloni Sharma, with his book, The Pain Solution, a Patient-Proven Approach to Pain Prevention, Relief, and Eradication wit

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Featured Guest



SALONI SHARMA, MD, LAc

SALONI SHARMA, MD, LAc, is double board-certified in pain management and rehabilitation medicine. She is the medical director and founder of the Orthopaedic Integrative Health Center at Rothman Orthopaedics and has treated thousands of patients. She is also cochair of Pain Management and Spine Rehabilitation for the American Academy of Physical Medicine and Rehabilitation. A popular speaker at Google and an award-winning clinical assistant professor at Thomas Jefferson University Hospital, she lives near Philadelphia. Her book The Pain Solution, Offers a Patient-Proven Approach to Pain Prevention, Relief, and Eradication without Medication, Surgery, or Special Equipment. More information at <

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