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**DrRed Says**  
with **Dr. Sarah M Young**

### DrRed Says Tuesday at 1 PM Pacific

This show is about taking charge of your mental, physical and spiritual health. It showcases cutting edge healing modalities that may be called new age, but may have been in existence for centuries. Nevertheless, these methods work when all others fail. Add a little laughter, and you have a perfect recipe for healing.

For more than 3 decades, Dr Red has brought allopathic and alternative/complementary healing experts, such as Marianne Williamson, Dr. Rick Jelusich and Richard Bandler, center stage to share their knowledge of various healing techniques with the world.

DrRed's

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