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HEALTH & WELLNESS



### Transforming Health

Archives Available

**September 15th 2010: Find out how To UnBreak Your Health**

Are you sinking into the Quicksand of Pain? Stranded in the Mountains of Misery? Or are you simply lost in a Forest of Symptoms? Wouldn't it be welcoming to have a map to help you navigate your way around the amazing world of complementary or alternative therapies – so that you could finally understand which therapies are right for you and your specific health problems? Well this is exactly what my guest this week thought about when he experienced health problems that eventually took him to the world renowned Mayo Clinic for answers. When even the Mayo Clinic couldn't help him, he tur

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### Featured Guest

Guest Image

#### Alan Smith

Necessity really is the mother of invention. When the Mayo Clinic didn't have a cure for my health problems I turned to complementary and alternative therapies. It was hard for me to believe that modern medical science didn't have the answer to every problem, but I was living proof that mainstream medicine has limits.

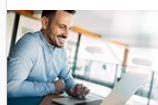
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