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The Dr. Melanie Show Archives Available

August 18th 2011: Natural Living for our Bodies and our Planet

Holistic treatments have been used around the world for centuries to help heal illnesses. Why not have a day to celebrate it around the globe? Now there is such a day on October 2nd. Learn how you can start your own Worldwide Holistic Day celebration in your town. People more and more want chemically free-environmentally-safe products and services. Now there is a directory of these resources called Green City Listings. Find out how to get a copy of the directory and how to add some entries to the book.

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Featured Guests



Lu Pierro

Lu Pierro has worked in the healing profession since her early twenties. She was a special educator for 30 plus years. Upon her retirement she became a Reiki practitioner and a Life Coach. She says that coaching adults is like teaching kids. It is the same skill set, except you do not have to grade clients on their performance. It was when watching the back-to-back earthquakes of 2010, first in Haiti and then in Chile that Lu was inspired to do something. That something became the birth of Worldwide Holistic Day, a grass roots movement dedicated to educating folk worldwide about Holistic practices and training those who wish to learn.

[Read more](#)



Helena Speights

Helena Speights, CEO and Founder of GreenCityListings.com, is a wife, mother of two, and currently a full-time employee with the Federal government. She holds a BA in Spanish and a minor in Graphic Design/Illustration from Western Connecticut State University in Danbury, CT. Shortly after graduation, Helena relocated to California, where she was introduced to what she calls the "earthy-crunchy" lifestyle of the Bay Area. She became a vegetarian and a consumer of alternative medicine and natural living. Since relocating to Atlanta, GA in 2005, Helena continued her trek with natural living, enrolling in the Atlanta School of Massage Therapy program. Her challenges in searching for affordab

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