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HEALTH & WELLNESS



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March 12th 2012: Energy of Thriving not just Surviving

During the show, Energy Medicine, Energy Psychology, and Psychiatry, Dr. Regina Bogle questioned whether survival is the sole goal in life. Do we have any hope of anything more than just getting through the day, week, and year? At times, survival is the only goal. But after survival is achieved, life can move into thriving not just surviving! Holistic healthcare facilitates growth and personal development. For example, Energy Medicine can take us from fear and despair to hope by balancing energies of the 5 Rhythms energy system. If we hold our neurovascular reflex points during anxiety, we c

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Featured Guest



Regina Bogle

Regina Bogle, M.D. graduated from Jefferson Medical College in 1980 and completed a residency in psychiatry four years later before working in inpatient hospitals, outpatient clinics, partial hospitalization programs for children and adults, and private practice.

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