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July 13th 2012:How to Reclaim Our Innate Health

If you watch a lot of TV you would think that we were programmed to fall apart and that only unnatural chemicals with all kinds of unpleasant and dangerous side effects can keep our bodies and minds running properly. But healers throughout history have insisted that Nature knows best and that if we work with our natural innate power to live in harmony with Nature, we can significantly reduce our likelihood of contracting disease and we can in all likelihood live healthy, happy, and long lives. My guest this week is Gina Loree Marks, who has been living and teaching this approach for over 15 ye

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Featured Guest

Guest Image

Gina Loree Marks

Gina Loree Marks is a shiatsu practitioner and co-director of the Lionville Holistic Health Center in Lionville PA. She has been in practice since 2005 and she draws on her past experience as a bodyworker and teacher of Qigong, as well as her experience as a Quaker and an unschooling and homebirthing mom. This broad background helps her to assist her clients in releasing restrictions in their bodies and minds so they can live their lives more fully and in alignment. Among her diverse clients are mothers and other caretakers who feel overwhelmed and lack time for self-care, athletes who seek to prevent injury from high performance tensions, people facing surgery or recovering from surgery, th

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