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January 22nd 2013: **The Mind and Body Connection**

Your thoughts become things! And no truer words have ever been spoken than in reference to the connection of the Mind and the Body. The human body is a beautiful temple for your Spirit and it graciously stores the emotional energy of whatever it is that you are not able to process and release. It is believed that every dis-ease and disorder is a manifestation of an underlying emotional root cause. When you can heal the emotional state of being and mind-set you can indeed heal the body. Make sure to listen in to PURE Talk Radio as Bonnie Wirth and her guest Pamela Cushman discuss how to alter y

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Featured Guest



Pamela Cushman

Pamela Cushman is a Holistic Life Coach with a passion to help people remember who they are! Her education includes a Master's degree in Psychology, certification as a Toe Reader, Life Coach, Hypnotherapist, and a Reiki Master/Teacher. Her unique style combines the scientific aspects of how the mind works coupled with the metaphysical options for healing. Her specialty is working with women in transition. Her goal is to help provide insights and tools that will help a person move beyond old, limiting beliefs, and behaviors. Teaching is a natural passion for Pamela. She has devoted her life to finding ways to bring enlightening information for practical use. Pamela lives in Fairfax, VA US

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