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## Mental Health with Dr. Surita Rao

### Mental Health with Dr. Surita Rao Thursday at 6 AM Pacific

**August 29th 2013: The use of Chinese medicine and aromatherapy for patients with behavioral health needs**



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### Featured Guest

Guest Image

#### Erik Harris

Erik Harris is a certified Qi Gong practitioner and energy healer. He has been studying under Dr. Ming wu for many years. Erik Harris has been practicing Qi Gong and Tai Chi for more than 6 years. He is certified through the Wu Healing Center. This program has been designed specifically to bring awareness to Chi (life force energy) and the ability it has to transform all aspects of life. Focus is on the body, mind, and spirit connection to show the inherent qualities within all of us that promote self-healing. His classes introduce a series of gentle standing exercises that focus on allowing energy to flow freely through the meridians of your body. The exercises will be relaxing and ene

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