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Mastering a Healthy Life Archives Available

October 09th 2013: Meet Your Host Judi Pool

Who is Judi Pool? What does she know about Mastering a Healthy Life? What does she do? Judi is a certified teacher of the Isometric Muscle Balance Technique and also a Certified Biofeedback Coach. Judi believes the "boomer" generation are determined to live a healthier life style than our parents. She will also inform you why Isometric Muscle Balancing is an important technique to learn and why she became a certified instructor for the technique. She believes there are better methods for pain management than drugs. She has found one micro-current solution and will share that system with you. A

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