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### Vital Lessons: Feeding Your Body, Mind and Soul

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October 30th 2013: What's the Moon Got to Do With It?

Do you sometimes feel sluggish but don't know why? And other times you have more energy and greater productivity for no apparent reason? You've checked your diet and your schedule but it just doesn't add up. Well, it could be the moon. Yes, the moon. Tune in with my guest Ezzie Spencer to learn more about the lunar cycles, what your moon sign means, and how you can use it to your advantage to make your life more productive while also making it easier and more enjoyable. Sound like fun? It is! Discover how to powerfully set an intention at the New Moon and learn how to track the lunar cycles an

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### Featured Guest



#### Ezzie Spencer PhD

Ezzie Spencer PhD works to advance women's prosperity and wellbeing. Ezzie's work is a unique blend of reason and intuition: she is a lawyer and an astrologer, and works directly with female entrepreneurs to align their work with lunar cycles and the stars. Ezzie also teaches how to align with lunar rhythms, and maintain an enjoyable meditation practice. Ezzie has a PhD in women's wellbeing after sexual violence, has published and lectured on human rights, and presented at the 2013 International Law + Mental Health Congress.

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