

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) [SIGN-UP NOW!](#) Click to become a Member for Free!



Miracles of Chiropractic: Turning on the power within

Host **Dorrie B. Rosenfeld, DC**
with occasional Co-Host **Robert M. Woolery, DC**



Miracles of Chiropractic: Turning on the Power Within

Archives Available

September 02nd 2014: Healthy Living is Easier than you Think

The media is bombarding us with the link between obesity and many deadly diseases. There doesn't have to be a connection between these horror stories and your personal lifestyle. We all think it takes a lot of effort to eat, move and live correctly. IT DOESN'T. If you don't like regimented exercises, learn to move while you're between other activities. Make it fun, so you look forward to daily life! With a few simple guidelines, snacks can become easy to prepare (and eat), quick, and fun. By keeping a few simple tips on hand about cooking oils, good water, eating fat instead of sugar, and a f

[Read more](#)



Share This Episode



Connect with VoiceAmerica

Download our mobile apps



Come see what **VoiceAmerica's** hosts are writing, on **PressBlog!**

