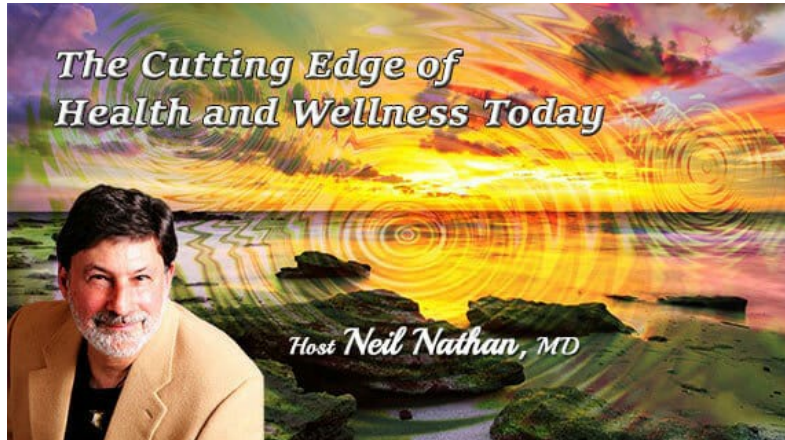


[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

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



## The Cutting Edge of Health and Wellness Today

### Archives Available

**December 19th 2014: Enjoy Your Vices: How NOT To Feel Guilty About Your Health Over the Holidays**

Today, Dr. Teitelbaum and I will be talking about health concerns over the holidays: with all the temptations of food, alcohol and revelry, most folks are hard on themselves about how they deal with these unavoidable stressors, and usually beat themselves up far more than they need to. We will try to help you with this, bringing information and peace of mind so you can make healthy, but joy-filled choices. Please join us for our program.



### Tune in

Archives Available on VoiceAmerica Health and Wellness Channel

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

### Featured Guest

#### Jacob Teitelbaum MD

Jacob Teitelbaum, MD, is a board certified internist and nationally known expert in the fields of chronic fatigue syndrome, fibromyalgia, sleep and pain. He is also the Founder of the Practitioners Alliance Network (or PAN) and author of numerous books including The Fatigue and Fibromyalgia Solution (Avery), the best-selling From Fatigued to Fantastic! (Avery Penguin), Pain Free 1-2-3 — A Proven Program for Eliminating Chronic Pain Now (McGraw-Hill), Three Steps to Happiness! Healing Through Joy (Deva Press), the Beat Sugar Addiction NOW! series (Fairwinds Press), and Real Cause, Real Cure (Rodale). He is the lead author of four studies on effective treatment for fibromyalgia and chronic f

[Read more](#)

### Share This Episode



### Connect with VoiceAmerica

Download our mobile apps

