



### Uplift Your Life: Nourishment of the Spirit Thursday at 8 AM Pacific April 23rd 2015: Take Charge of Your Health

We've been taught to think of doctors as gods. They know our bodies better than we do. If we want to get better, we have to listen to their advice. They know the truth. We have learned to deny our own wisdom and to put ourselves solely in their hands. Sometimes this is the right choice, often it's not. We must change this pattern of ignoring what we know about our own body. We must take charge of our own health and stop denying that nagging feeling that something is wrong. Getting more than one opinion from medical doctors, alternative medicine practitioners and trusted healers and determining

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### Featured Guest



#### Bernie Siegel, MD

Bernie Siegel, MD, retired from general and pediatric surgical practice in 1989 and has since dedicated himself to humanizing the medical establishment's approach to patients and empowering patients to induce their own healing. He founded Exceptional Cancer Patients to facilitate self-healing. Bernie's bestselling books include Peace, Love and Healing, 365 Prescriptions for the Soul, and The Art of Healing. He is a sought-after speaker on patient and caregiver issues and author of a new book, Love, Animals & Miracles: Inspiring True Stories Celebrating the Healing Bond.

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