



BORN TO BE BREASTFED

WITH
MARIE BIANCUZZO RN MS IBCLC

Dreaming of becoming an IBCLC?

We can help you make that dream come true.

Born to be Breastfed

New shows weekly

October 10th 2016: **Step Out of the Traps, Move Towards Your Fears, and Conquer Your Anxiety**

Is your mind racing with worries about your new baby? You sense bodily, physical symptoms: dizziness, tingling, nausea or more. But wait! Isn't anxiety all in your head? Some experts say that anxiety is adaptive: worrying is normal for new parents. Others say it's maladaptive. So what's normal worry, and what's not? What's fact, and what's fiction? Join Marie and her guest, top anxiety and depression therapist and host of StraightTalk, Sandra Reich. Learn how fear—a protective mechanism from an evolutionary standpoint—can be destructive anxiety in today's world. Become aware how the story in

[Read more](#)



Tune in

New shows weekly on VoiceAmerica Health and Wellness Channel

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

Featured Guest



Sandra Reich

Sandra Reich M.Ed. is the Clinical Director of The Montreal Center for Anxiety and Depression, Co-Director of Empowered Women Workshops, Co-Director of Anxiety Videos, Founder of Sandra Reich's Couple Retreats, and a Licensed Psychotherapist.

[Read more](#)

Share This Episode



Connect with VoiceAmerica

Download our mobile apps



Get Recertification CERP Bundles

75 • 45 • 30 • 15

[Click here for all online CERPs, including E-CERPs, print your own certificate](#)