



The Optimal Health Hour
Tuesday at 2 PM Pacific
October 25th 2016:Men's Health

This week's episode will focus on how men's health can be positively impacted by proper screening and naturopathic options. Sadly, it's too common for men to experience a decline in their vitality, and see unhealthy changes in their bodies as they age. This episode will show you ways to maintain balance and vitality without using harsh treatments and synthetic prescriptions that have significant side effects. Don't miss out, join us for the next Optimal Health Hour episode.

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Featured Guests



Steve Mettner

Steve graduated from the University of Arizona in 1975 with a B.S. in biology. The following years of self discovery included two spiritual pilgrimages to India to study the teachings of Meher Baba. He graduated from the Rolf Institute as a Certified Rolfer in 1988. His first seven years of practice included studying the energy healing of the Kahuna with the High Priestess of the Hawaiian Island. In 1994, at an unprecedented event in an ancient temple ceremony at Pu'u'honua, Hawaii, Steve was taken into his Kahuna's lineage and given the name 'Kalamakua' meaning Ancient Wisdom. Steve received his Advanced Roling Certification in 1995 in Sao Paulo, Brazil and is currently practicing in

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Dr Charles Wallace Jr.

Dr Charles Wallace Jr. is a Urologist in Memphis, Tennessee. He's affiliated with multiple hospitals in the area, including Baptist Memorial Hospital-Memphis and Methodist Hospitals of Memphis. He received his medical degree from Howard University College of Medicine and has been in practice for more than 20 years. He is one of 15 doctors at Baptist Memorial Hospital-Memphis and one of 4 at Methodist Hospitals of Memphis who specialize in Urology. Dr Wallace currently practices integrative Urology and is an incredible surgeon.

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