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At the intersection of epi-genetics, neuro plasticity and psycho-neuro immunology is our ever increasing awareness of neuro-chemistry and the mind-body connect. You are what you think about. Where attention goes, energy flows. In other words, as your body keeps score, the servant can become the master. Your thoughts can knock you out of homeostasis and make you sick. Conversely when you learn how to get your emotional needs met, healthily and in balance, you cannot be mentally, emotionally and/or by extension, physically unwell. Through this empowering series of light-bearing interviews with c

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