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EMPOWERMENT



# Uplift Your Life

NOURISHMENT OF THE SPIRIT



**Uplift Your Life: Nourishment of the Spirit**  
Thursday at 8 AM Pacific  
**November 13th 2014: Integrative Medicine: New Approaches To Healing**

Integrative medicine is often misunderstood. Since Dr. Andrew Weil created this approach, I went to his website to get an accurate definition: "Integrative medicine is healing-oriented medicine that takes account of the whole person (body, mind, and spirit), including all aspects of lifestyle." Practitioners emphasize the doctor-patient relationship and use all appropriate therapies, conventional and alternative. Rather than focusing on one belief system, they use proven techniques that are best for the individual -and always with the belief that the body wants to heal itself. This way of app

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## Featured Guest



### Dr. Paula Fayerman

Paula Fayerman trained in Family Practice in Traditional Western Medicine. She quickly became interested in different modes of healing practices because of her personal experiences doing yoga.

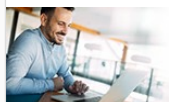
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