

The Healing Power Of Hip Hop Intersections Of Race Ethnicity And Culture

A modern reference guide on the benefits of incorporating traditional Chinese medicine into modern-day therapies! The Healing Power of Chinese Herbs and Medicinal Recipes is an easy-to-follow introduction to the history of traditional Chinese phytomedicine. This useful guide clearly explains the basics of this unique medical system and describes in detail the therapeutic properties and use of medicinal herbs and herbal recipes. The book includes a bibliography, glossary, contact information for herbal dealers and Oriental medicine schools, and an indexed list of 300 commonly used Chinese medicinal herbs and 245 herbal recipes. In The Healing Power of Chinese Herbs and Medicinal Recipes, you will find the fundamentals, evolution, and development of the herbal formulas of the 4,000-year-old Oriental Materia Medica, also known as ben cao. The book contains 11 sections documenting the therapeutic applications, dosages, precautions, and modern research findings of 138 of the most popular medicinal herbs. In addition, this resource provides 101 of the most frequently prescribed master recipes by famous ancient physicians, including their origin, ingredients, actions, indications, and modern clinical uses. The Healing Power of Chinese Herbs and Medicinal Recipes offers an in-depth education on: tonic herbs herbs that adjust the yin and yang of the body herbs that invigorate circulation of vital energy, qi, and blood herbal tranquilizers herbal diaphoretics herbal expectorants, antitussives, and antiasthmatics herbal pain killers herbs which regulate digestion and elimination herbal diuretics herbal antipyretics, antimicrobials, and detoxicants antitumor herbs The Healing Power of Chinese Herbs and Medicinal Recipes provides up-to-date information on the effectiveness of traditional Chinese medicine, as well as how to use Chinese medicinal herbs in conjunction with Western conventions. This comprehensive reference will benefit healthcare practitioners who want to include Oriental medicine in their practice, and anyone who is interested in Chinese herbs or patients for whom conventional medicine has offered no relief.

“An unforgettable story of music, loss and hope. Fans of High Fidelity, meet your next quirky love story.”—People NAMED ONE OF THE BEST BOOKS OF THE YEAR BY THE TIMES (UK) AND THE WASHINGTON POST It is 1988. On a dead-end street in a run-down suburb there is a music shop that stands small and brightly lit, jam-packed with records of every kind. Like a beacon, the shop attracts the lonely, the sleepless, and the adrift; Frank, the shop’s owner, has a way of connecting his customers with just the piece of music they need. Then, one day, into his shop comes a beautiful young woman, Ilse Brauchmann, who asks Frank to teach her about music. Terrified of real closeness, Frank feels compelled to turn and run, yet he is drawn to this strangely still, mysterious woman with eyes as black as vinyl. But Ilse is not what she seems, and Frank has old wounds that threaten to reopen, as well as a past it seems he will never leave behind. Can a man who is so in tune with other people’s needs be so incapable of connecting with the one person who might save him? The journey that these two quirky, wonderful characters make in order to overcome their emotional baggage speaks to the healing power of music—and love—in this poignant, ultimately joyful work of fiction. Praise for The Music Shop “Captures the sheer, transformative joy of romance.”—The Washington Post “Love, friendship, and especially the healing powers

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of music all rise together into a triumphant crescendo. . . . This lovely novel is as satisfying and enlightening as the music that suffuses its every page.”—The Boston Globe “Magnificent . . . If you love words, if you love music, if you love love, this [novel] will be without question one of the year’s best.”—BookPage (Top Pick in Fiction) “Joyce has a knack for quickly sketching characters in a way that makes them stick. [The Music Shop] will surprise you.”—Minneapolis Star Tribune “Rachel Joyce has established a reputation for novels that celebrate the dignity and courage of ordinary people and the resilience of the human spirit. . . . But what really elevates The Music Shop is Joyce’s detailed knowledge of—and passion for—music.”—The Guardian This books intention is to help you shift your mind-set to finding your innocence in your life in areas where you still feel shame, blame, or guilt even when you believe your actions were unforgivable or cannot be redeemed. These step-by-step processes, tools, and exercises allow you to connect to your heart and who you truly are—all-embracing love.

"Students of color are often left underserved and unrepresented in school curricula. This book focuses on African American students and the usefulness and importance of corrective education in reversing curricular fallacies. Additionally, it uncovers and explains the role that education can play in creating a more holistic learning experience for minority students. The Afrocentric school in this proposed book is high-performing, and outperforms the state. The book identifies what teachers and student recognize as supportive features of the school's approach, including: (a) a unique learning environment, (b) support systems, (c) spiritual affirmations, (d) evidences of Black education, (e) a reframing of Afrocentricity, and (f) education that promotes positive and transformative Black identity. In response to reviewers, the authors will expand their frame of reference to draw on evidence from other schools but will look deeply at one school and possible applications of its model in other settings"--

Women have absolute power within themselves to heal. A living testament to the healing efficacy of her teachings, the author freed herself from "terminal" ovarian cancer at the age of 23. More than 25 years later--having been recognized by the Parliament of the World's Religions for her outstanding contribution to humanity--she shares the healing wisdom that literally saved her life.

This volume recognizes the need for culturally responsive forms of school counseling and draws on the author’s first-hand experiences of working with students in urban schools in the United States to illustrate how hip-hop culture can be effectively integrated into school counseling to benefit and support students. Detailing the theoretical development, practical implementation and empirical evaluation of a holistic approach to school counseling dubbed "Hip-Hop and Spoken Word Therapy" (HHSWT), this volume documents the experiences of the school counsellor and students throughout a HHSWT pilot program in an urban high school. Chapters detail the socio-cultural roots of hip-hop and explain how hip-hop inspired practices such as writing lyrics, producing mix tapes and using traditional hip-hop cyphers can offer an effective means of transcending White, western approaches to counseling. The volume foregrounds the needs of racially diverse, marginalized youth, whilst also addressing the role and positioning of the school counselor in using HHSWT. Offering deep insights into the practical and conceptual challenges and benefits of this inspiring approach, this book will be a useful resource for practitioners and scholars working at

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the intersections of culturally responsive and relevant forms of school counseling, spoken word therapy and hip-hop studies.

Waterviews: The Healing Power of Nature is a practical exploration of how spending time with nature can influence our health and well-being. Along the way, John calls on over 30 years as a patient and health education video producer, his own fight with illness, and his years as a lover of the outdoors, while presenting scientific facts. Enjoy John's waterscape and wildlife photographs while discovering how to reconnect with nature. Learn about which nature we are referring to, the importance of calming your mind, the health benefits of the outdoors, happiness and the restorative advantage of nature, and why it is especially important to share this spirit with children—all of which will inspire you to spend more time with nature.

In perceiving all rap and hip-hop music as violent, misogynistic, and sexually charged, are we denying the way in which it is attentive to the lived experiences, both positive and negative, of many therapy clients? This question is explored in great depth in this anthology, the first to examine the use of this musical genre in the therapeutic context. The contributors are all experienced therapists who examine the multiple ways that rap and hip-hop can be used in therapy by listening and discussing, performing, creating, or improvising. The text is divided into three sections that explore the historical and theoretical perspectives of rap and hip-hop in therapy, describe the first-hand experiences of using the music with at-risk youth, and discuss the ways in which contributors have used rap and hip-hop with clients with specific diagnoses, respectively. Within these sections, the contributors provide rationale for the use of rap and hip-hop in therapy and encourage therapists to validate the experiences for those for whom rap music is a significant mode of expression. Editors Susan Hadley and George Yancy go beyond promoting culturally competent therapy to creating a paradigm shift in the field, one that speaks to the problematic ways in which rap and hip-hop have been dismissed as expressive of meaningless violence and of little social value. More than providing tools to incorporate rap into therapy, this text enhances the therapist's cultural and professional repertoire.

While books about champagne and wine abound, this particular book addresses a somewhat unusual aspect of the beverage, not as a mood-enhancing tittle, but as a remedy.

Lists natural treatments for more than ninety common ailments, and discusses the benefits of vitamin supplements

Explains how to access and apply qi energy to achieve optimal health, offering illustrated instructions on checking, healing, and maintaining the body while detailing applications for pregnancy, childbirth, sexuality, and serious illnesses. Original. 15,000 first printing.

Defeat the powers of sickness by prophesying words of healing Many Christians believe that in order to receive a miracle, they must have a healing minister pray for them. But what if every believer could receive healing for themselves or release it to others by simply speaking the prophetic words that God gives them? In *The Prophetic Healing Power of Your Words*, Becky Dvorak draws from her personal experience and timeless Bible teaching, mentoring every reader on how to prophesy their healing by using words charged with the power of God! As a missionary and international healing minister, Becky has taught these principles to multitudes worldwide and has seen breakthrough results. Using a simple strategy, she shows you how to speak God's words and prophesy your own healing. You will learn how to: Understand and operate the law of the spoken word. Release blessings and reverse curses. Create atmospheres of healing through faith-filled words. Open the supernatural prophetic toolbox God has given you Activate the prophetic gifts of the Spirit words of knowledge, faith

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declaration, and praying in the Spiritto flow in the miraculous. Write and speak healing declarations that produce answered prayers. The healing miracle that God wants to release to you may be just a word away!

A user's guide to the philosophy and practice of one of the most popular types of yoga—by the dynamic yoga teacher Kino MacGregor Ashtanga Yoga is a graceful, athletic type of yoga that has become extremely popular in recent years. Here, Kino MacGregor—a disciple of Sri K. Pattabhi Jois, the great modern guru who developed Ashtanga Yoga—gives a comprehensive view of the practice, demonstrating how Ashtanga is fundamentally a path of spiritual transformation and personal development. MacGregor delves into the history and tradition of Ashtanga Yoga and reveals how its philosophy manifests in contemporary lifestyle and dietary choices. She also explains the essential connection of breath, posture, and gaze that is the core of the practice. Her clear, step-by-step instruction of the Ashtanga Yoga Primary Series—including standing, seated, backbending, twisting, hip-opening, and closing postures—is a wonderful initiation for those who are new to the practice, and it will motivate experienced yogis toward perfection of the form. Throughout, MacGregor shares her own personal yoga journey and her devotion to yoga as a path of self-realization in a way that will inspire all practitioners.

Archangel Raphael is among the top angels - for his powerful strength and capacity to heal any illness. This book is all you need to know about getting in touch with Archangel Raphael, and outlines the many ways he can help you in your own life. Whether it's a life-threatening condition, a painful injury, or an annoying health issue, Archangel Raphael is able to heal it! In this inspiring book, Doreen Virtue shows you why Archangel Raphael has long been regarded as the healing angel. He's a nondenominational miracle worker who helps everyone who asks. The true stories of miraculous healings within these pages will give you hope and faith that heaven does hear you. You'll read the ways in which Raphael answers your prayers, and learn how to recognize his health-saving advice. You'll also discover how Raphael guides current and aspiring healers, as well as how he can help your friends and loved ones, including your pets.

When you hurt, you want answers. What caused the pain, and what can you do to recover? For people struggling with persistent or recurrent pain, however, those answers are difficult or impossible to obtain. Even so, it is possible to live a life with less pain—to heal and be well. In *Healing Power of You*, Dr. Keith Poorbaugh shares insights from his personal and clinical experience to help explain the cause of musculoskeletal pain. He then offers a rationale based upon recent scientific evidence demonstrating the danger of choosing a medical fix rather than the path toward wellness and healing. Every well human moves to heal, and you can rediscover the true nature of tissue healing to foster natural pain relief from musculoskeletal conditions. Take the opportunity to explore current knowledge on the mystery of healing from pain. Science is always changing, but one thing remains true and constant: the musculoskeletal system is designed to heal. Designed for those suffering from chronic pain, this guide presents a solution-based approach to pain relief that encourages healing and lifestyle changes for improved wellness.

This is a book about yoga, a holistic system for creating and sustaining balance and harmony on all the levels of our being: body, mind, emotions and spirit. It's about yoga's boundless potential for healing, for bringing about beneficial change on all these levels. I've called it *The Healing Power of Yoga* because throughout my life yoga has proved its transformative healing power, most profoundly in 1993, when I had breast cancer. That experience left me with a deeper trust in the power of yoga to help us to face our challenges and to heal ourselves. The book draws on my experience of yoga, and on my work with others who are dealing with a life-changing illness, to explore how the yoga practices of body movement, breathing, relaxation and meditation contribute to healing. The simple yet powerful techniques I describe can be

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practised by everyone, for inner strength and inner peace.

Regular meditation practice has a powerful impact on the mind and body, rewiring the brain and bringing us all kinds of benefits: contentment and well-being, resilience and focus, better mental and physical health, and greater empathy and compassion. This wide-ranging anthology brings together pioneering Tibetan Buddhist teachers, scientific researchers, and health professionals to offer fascinating perspectives on the mind and emotions, new studies, and firsthand accounts of how meditation is being applied to great effect in health and social care today. • Sogyal Rinpoche and Jetsün Khandro Rinpoche on how meditation unlocks the mind's healing power • Jon Kabat-Zinn on the benefits of mindfulness in mainstream health care • Clifford Saron on the Shamatha Project, the most comprehensive study of the effects of meditation ever conducted • Sara Lazar on what happens to our brain when we meditate • Erika Rosenberg on how meditation helps us relate better to our emotions • Dr. Lucio Bizzini, MD, on how Mindfulness-Based Cognitive Therapy is used to treat depression • Ursula Bates on how mindfulness supports terminally ill patients as they approach the end of their lives Plus chapters from other innovators who apply meditation in health care and social work: Dr. Edel Maex, MD, Dr. Cathy Blanc, MD, Rosamund Oliver, and Dr. Frédéric Rosenfeld, MD.

The reader is led to a fascinating tour through a wonderful world of rare and precious gems. It describes how by wearing appropriate gems, your dame fortune could deliver wonders, solve everyday problems and offer protection from evil influences of planets, and also enhance their beneficial effects. The author tells you about appropriate gems suitable for each individual born under a particular zodiac sign. It remains a very reliable reference guide with an extensive list of crystals and gems, followed by respective interpretations. The book also discusses auspicious time and days for wearing gems or stones, and about the performance of rituals needed for attaining best results. The chapters focus on: *Gems and disease, Gems for professional success. *Crystal and Gems for the new millennium.

Argues that illnesses are bodily expressions of psychological conflicts, able through their symbolism to reveal the patient's true problems

Dive into the healing art of foot and hand reflexology, with this complete guide that includes essential information on how tapping into this ancient practice can improve blood circulation, fight depression, help you relax, promote better sleep, aide in digestion, and relieve body pains. Reflexology is a type of massage used to release emotional, physical, and mental pain through the hands and feet. In *The Healing Power of Reflexology*, you will learn the basics of reflexology, how to find the trigger points, the history of this practice, and how the right touch can lead to a life of happiness and balance. Reflexology has been proven has been to reduce stress, promote healing, and enhance quality of life. Now you can master the ancient healing power of reflexology and improve your overall well-being and outlook on life.

The Healing Power of Hip Hop Praeger

A complete guide to clay and what it can do for health and beauty, "The Healing Power of Clay" tells what kind of clay to use, where to get it, and how to use it--simple, do-it-yourself techniques that can be employed at home. Clay is a healer that some use for headaches, allergies, arthritis, cuts, bruises, burns, acne, anemia, and as a deep cleansing mask, shampoo, toothpaste, and as soap.

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Argues that the beneficial properties of exercise can help cancer patients feel better and have more energy, illustrating exercises that can be done at different stages of treatment.

What is it that makes yoga practitioners feel so good after a session—more so than after other kinds of exercise or stretching? "Yoga was created to directly stimulate and move us at the energetic level," teaches Lauren Walker. Yet many of us don't have the time to spare for the kind of extensive regular practice we'd need to gain the full benefits yoga was meant to offer. That's why Walker created Energy Medicine Yoga—a breakthrough book that combines yoga with the most effective techniques of energy medicine to vastly increase the healing power of your practice. Created for yoga practitioners of any background or experience—even complete newcomers—this clear, easy-to-use guidebook features: Energy medicine essentials—key concepts about your subtle anatomy and its profound influence on your physical, emotional, and spiritual health An eight-week learning plan for working with your body's energy systems—with practices focused on your meridians, chakras, vibrational field, and more Power poses—the most valuable "if you do nothing else, do these" techniques for each of your body's energy systems The 20-minute template—putting it all together to create your own custom-made, supercharged daily practice Lauren Walker has adapted the renowned energy medicine methods pioneered by her own teacher, Donna Eden, so they integrate seamlessly into yoga movements and postures. "Energy medicine yoga teaches you to take the things you're doing now, layer them together with complementary techniques, and exponentially increase the benefits of your practice," Walker explains. "You'll learn to work smarter, not harder—so you can have a healthy body full of energy, zest, and joy for what life has to offer."

You have an amazing capacity for self-healing. This book explains how to unlock that self-healing power by practicing meditation for a few minutes a day. This simple but deep practice can be used, for example, to reduce the adverse health consequences of stress, to treat chronic pain syndromes, or to diminish the need for medication to treat high blood pressure.

Reveals the mechanics of using dreams to achieve healing, focusing on dream images, the techniques employed to overcome trauma, and the art of visualization to promote the healing effects of dreams

Using the latest research, real-world examples, and a new theory of healthy development, this book explains Hip Hop culture's ongoing role in helping Black youths to live long, healthy, and productive lives. • Connects the latest research conclusions about Hip Hop's influences with actual examples of its practice and applied value in action • Identifies education, health and mental health, and afterschool settings as key to promoting health and well-being • Disentangles arguments about whether Hip Hop culture is more of a tool for empowerment or a tool for risk promotion • Explains Hip Hop's ongoing contributions to health and learning, with attention to the Black community • Provides a common language and structure for helping professionals, researchers, and policymakers to organize work related to Hip Hop and well-being • Introduces meaningful models, tips, and resources for personal or professional use • Offers real-world insights

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from today's leaders within the Hip Hop Ed movement

Life is full of invitations and opportunities, for growth and discovery, if only we keep our minds open and heed the signs. Naturally, we can always refuse... but sometimes Spirit has a subtle way of urging us in the right direction. David and Linda Serlin said "Yes!" to one unexpected invitation and this book is the story of how that choice set them on an exciting spiritual adventure and changed their lives completely. From a stately home in Essex, UK, to an esoteric retreat on the north Californian coast of the USA, their journey brought deep spiritual insights and principles that David shares with us in this fascinating and uplifting book. Whilst revealing their own unsuspected talents, their experiences also led them to the realisation that 'There is a Power for Good in the universe, that is greater than we are and that we can use.' In clear and friendly language, David shows us just how to do that!

Rocking relationships with your family and friends. A soulmate who gets you on the deepest level. And the best soulful sex of your life. Anything is possible with Melissa Ambrosini by your side! From the bestselling author of Mastering Your Mean Girl, Open Wide is the definitive guide to fulfilling and intimate 21st-century relationships, delving into everything from cultivating self-confidence, to unleashing your inner goddess, to forming lasting friendships . . . and even to experiencing toe-curling orgasms on demand. Called a "self-love guru" by Elle magazine, Melissa is a voice for the modern woman. Rather than the preachy tone that plagues many relationship guides, she's your supportive best friend sharing her wisdom in a way that makes your journey fun and simple. Full of electric insights, deeply personal stories, and genuine 'aha' moments, Open Wide serves up real tools and relatable advice that you can put into action immediately for lasting results. A powerful, life-altering read, Open Wide gives you practical tools you can start using immediately to rewrite your future, create authentic connections, and experience heart-bursting love.

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This accessible, up-to-date resource guide leads you through the foundations and techniques of acupressure and acupuncture. Acupressure and acupuncture

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can relieve painful conditions such as migraine headaches, lower back pain, joint disorders, carpal tunnel syndrome, asthma, allergies, stress, nausea, heart problems, and many others. Today, most health-care plans cover these treatments, making them more popular than ever. Filled with insights into the history of these two age-old therapies, *The Healing Power of Acupressure and Acupuncture* helps readers choose when to see a licensed therapist, and even provides information about doing certain treatments at home. Matthew D. Bauer delves deeply into the traditions and remarkable benefits of acupressure and acupuncture, explains the many benefits of both, describes techniques for self-treatment, and illustrates how Chinese healing can augment modern Western medicine.

According to ancient Chinese medicine and philosophy, everything releases energy, or chi. In the Japanese spiritual community, hado is a similar life-force energy that encompasses healing properties and transformative powers. Literally translated, it means wave motion or vibration. Once we become aware of it in our everyday lives, hado can spark great changes in our physical space and emotional well being. In *The Healing Power of Hado*, Toyoko Matsuzaki shares stories of her experiences as a hado master, demystifies hado energy, and explains how we can access this unique source of power. With clear explanations of the properties of hado, helpful lessons, and a handbook for forming practice groups, *The Healing Power of Hado* will help you discover your hado potential within.

Learn all about the ever-growing trend of energy healing with reiki and how you can tap into this ancient practice and reach your optimal mental, physical, and emotional well-being. Dive into the ancient dealing power of reiki! Reiki is a Japanese energy healing technique that has been shown to reduce stress, promote healing, and enhance your quality of life. In *The Healing Power of Reiki*, you will learn the basics of reiki, the history of this practice, and how to harness negative energy and promote healing through hand placement. This beautiful gift book can help you learn how to boost your mood, heal yourself, and live a happy, balanced life.

Drake Travis earned his bachelor's in biblical literature from Simpson University and his master's in New Testament literature from Alliance Theological Seminary. He was honored with the President's Cup upon graduation from Simpson for having the most positive influence on college life. He was ordained in The Christian & Missionary Alliance in 1994. He has been an associate pastor of youth, worship, music, missions, and collegiates. He spent seven years as pastor to students at Central Washington University in Ellensburg. During those years, the "Salt Co." grew from twenty-five to nearly one thousand students who were involved in the ministry. During those years, about 450 more became Christians and nearly five hundred went on mission trips to eighteen countries. Drake has taken/trained/sent more than nine hundred people into sixty countries doing missions. Discusses the views of healing doctrine as described throughout the Bible, centering on the contention that healing is about release and freedom from sin and that it is the cornerstone of Christ's victory over death.

A fascinating look into scientific research tracking the influence of religious beliefs on

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health concludes that documented evidence proves practices like prayer and community service can lower blood pressure and raise white blood cells counts.

Reprint. 12,500 first printing.

Table of Contents Introduction Ancient Water Drinking Rules Hydrotherapy Use of Water Down the Ages Benefits of a Cold Water Bath Conclusion Author Bio Publisher Introduction This book is for all of those people who know that, yes, water has been used since ancient times to cure diseases permanently, and also have heard something about hydrotherapy, which means treatment with the use of water. I am going to touch upon the subject of hydrotherapy, without going into too much of a detail, in this book, which is going to be confined to how water can be used as a curative for a number of diseases and also to prevent them from occurring in your body. You are going to get to know how just that glassful of water – pure water, and definitely not bottled and mineral water, or perhaps that water which has been subjected to extensive additions of chlorine, these 21st-century modern innovations do not work - is going to keep you healthy, and also get rid of all the toxins in your body.

This interpretive guide combines history and ethnography to represent living traditions at the adobe and stone churches of New Mexico. Each chapter treats a particular church or group of churches and includes photographs, practical information for visitors, and context pertinent to current understanding. Frank Graziano provides unprecedented coverage of the churches by combining his extensive fieldwork with research in archives and previous scholarship. The book is written in an engaging narrative prose that brings the reader inside of congregations in Indian and Hispanic villages. The focus is less on church buildings than on people in relation to churches -- parishioners, caretakers, priests, restorers -- and on the author's experiences researching among them.

In this book Dr Irina Webster reveals that energy is the root of body and mind. We all consist of and surround by an energy field. When energy flows through the body properly, you are in a state of health. When there is an energetic disturbance in the body, a disease state is created. Illnesses manifest in the body's energy field before they manifest in the physical body. And healing occurs in the energy field before it becomes apparent in the physical body. So, how can we heal ourselves and our life? You'll get the answers reading "The Secret Energy of Your Body. An Intuitive Guide to Healing, Health and Wellness." Dr Irina Webster is a medical doctor who is also an intuitive healer. She is the creator of Intuitive Healing Power – an educational program for health professionals and caregivers in regards to intuitive healing and medical intuition. Her on-line classes and seminars "How to Become an Intuitive Healer" are very popular amongst the health oriented community. Dr Irina's teaching helps people to activate their own Intuitive Healing Power. Dr Irina dedicates herself to assisting others to heal and empower their body and soul.

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