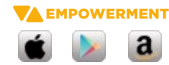


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#### Featured Guests



##### Tom Ingegno

Dr. Tom Ingegno, Doctor of Acupuncture and Chinese Medicine, has over 20 years of experience in integrative and functional medicine. He owns and operates Charm City Integrative Health, a multifaceted clinic NYT bestseller and futurist David Houle called the "Future of Medicine." This clinic provides a multidimensional approach to reducing inflammation, improving circulation, and regulating the immune system to help people recover and stay healthy. Dr. Tom has taught and lectured at two prestigious schools for East Asian Medicine, is a published author, and helped expand the scope for the practice of acupuncture with his role as chairman of the Maryland State Board of Acupuncture. He served

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##### Meg Burton Tudman

My name is Meg Burton Tudman and I'm living my purpose by supporting superwomen to align their mind, body and soul, so they can live a life they love. My clients tend to seek me out because they feel like they're doing all the things and checking all the boxes, yet they still feel unfulfilled. I use my expertise in mindset, meditation and Reiki, as well as my own journey from perfectionism to authenticity and experience with anxiety and depression to guide my work. You may learn more about me here: <https://www.megburtontudman.com/>.

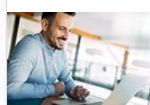
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