



**The Marvel of Mind-Body Medicine**  
Wednesdays at 1PM Pacific  
**March 15th 2023: Natural healthcare Solutions for Children**

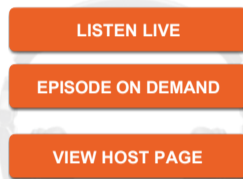
Mindbody Medicine can empower children and parents to incorporate new approaches to achieve balance and vibrant health. Children can be helped by these techniques in a myriad of ways: overcoming challenges, restoring emotional balance, and experiencing a quick return to wellbeing in case of illness. Mindbody techniques work effectively with children of all ages including teenagers. Learn how these balancing techniques and lifestyle tips of healthy food, essential oils and herbal extracts can help children with the discomforts and challenges they may experience in a daily basis. In thi

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**Tune in**

Wednesdays at 1PM Pacific  
Time on VoiceAmerica Health and Wellness Channel



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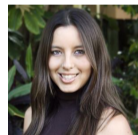
**Featured Guests**



**Betsy Blankenbaker**

Betsy Murphy is a writer, performer, mother, grandmother, and guide for women to retrieve the hidden parts of our stories. She speaks about the "things we don't talk about" but does it in a way that makes you comfortable being in the conversation. Betsy's popular books "Autobiography of an Orgasm" and "Write On: A Daily Writing Practice for Anyone with a Story to Tell" connect writing and storytelling as a resource for healing mind and body. Betsy has over 20 years of research and study in Mind Body healing. Her work looks at the science behind the healing and also the soul's destiny. More about her books and offerings at [betsybmurphy.com](http://betsybmurphy.com)

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**Maina Campos**

Maina Campos is a Integrative Wellness Practitioner & Mentor as well as a crunchy toddler mom. She has been passionately involved with Energy Healing, Yoga and all things Natural Medicine with over 20 years of clinical, remote healing and international teaching experiences. Maina loves educating and sharing practical techniques, easy hacks and natural solutions to inspire other mommas to successfully optimize their family's wellbeing. Her approach is to make learning and applying Energy Medicine simple, fun & sustainable.

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**Anaya Ward**

Anaya Ward is a passionate environmental consultant, outdoor explorer, and creative artist. As a recent graduate from UC Davis, where she simultaneously earned her degree in environmental policy and competed as a Division 1 cross country and track athlete, she is currently exploring new exciting hobbies. Anaya was introduced to Mindbody medicine at a young age and has been receiving treatments for nearly 20 years - helping her to navigate and resolve the obstacles of teenage life, performance anxiety, and sport injuries.

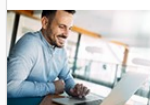
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