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**Wellness Interactive - A Step Further
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December 22nd 2014: Special Encore
Presentation: Embrace Your Innerself**

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Embrace Your Innerself - will be our discussion topic at The Wellness Lounge, A Step Further 9 a.m. E.S.T. Monday when host Desiree Watson welcomes guest Sangita Patel to the show. Sangita Patel is a Global Holistic Practitioner, who supports people in creating a more Joyful Life. She will share simple techniques so you can live your life in Joy, Embrace your inner self and Awaken your natural ability to heal yourself and others. She understands the pain, frustration you may be feeling. Years ago Sangita had a traumatic car accident and her body was severely injured. She also lost her only

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Featured Guest



Sangita Patel

As a energy healer Sangita Patel works with people who are struggling with Physical (back aches, injury pain, joint pain) pain or Emotional pain (anxiety, fear, stress, depression) and have tried traditional methods to get help and have not gotten relief.

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