

Sandy Cowen

EMPOWERED *Healing*



BASED ON SANDY'S NEWEST BOOK.

GET WELL—EVEN IN TODAY'S CONFUSION, UNCERTAINTY, AND FEAR

NOW AVAILABLE ON AMAZON OR SANDY'S WEBSITE

www.sandycowen.com

Join Sandy for a series of audio seminars, free for listeners on STAR WORLDWIDE NETWORKS - each Wednesday at 1 PM MST. They can also be accessed on-demand. DON'T MISS OUT.

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13-WEEK
PODCAST
SERIES

WEEKLY TOPICS

- MAY 3** "SURVIVING—DEATH OF THE AMERICAN DOCTOR"
Sandy shares how to thrive despite the advent of specialized medicine, decentralized treatment—ignoring the whole you, and the dominance of pharmaceutical drugs.
- MAY 10** "EXCEPTIONAL CRABS AND EXCEPTIONAL PATIENTS. WHAT'S THE LINK?"
Exceptional crabs live much longer but you judge for yourself how patients do—after you've heard this fascinating story.
- MAY 17** "ALTERNATIVE MEDICINE FOR DUMMIES"
Become aware of the basics like the right vocabulary to use, a look at dozens of options and the differences between conventional medicine and healing holistically.
- MAY 24** "IS YOUR IMMUNE SYSTEM ON OR OFF?"
Do you need to switch on your immune system? Do it naturally by learning what weakens and strengthens it. Get ready to claim your power to heal!
- MAY 31** "LIVING IN FEAR CAN MAKE YOU SICK"
Sandy points to the differences between love emotions and fear emotions and how one heals while the other makes us and keeps us ill.
- JUNE 7** "WE'RE SO ADVANCED MEDICALLY, THEN WHY IS OUR HEALTH LOUSY?"
Don't fall victim to America's embarrassing health statistics. You can become more like the people in 45 other countries around the world and simply live longer.
- JUNE 14** "MIND-BODY-SPIRIT MEDICINE MADE PRACTICAL"
Sandy explains how to apply mind-body-spirit healing in everyday life—so you can get well and stay well—even if you're not an expert!
- JUNE 21** "WHEN CONVENTIONAL MEDICINE IS SMART TO USE"
Sandy points to what conventional medicine does well, what it doesn't, and how to evaluate when pharmaceutical drugs can be more harmful than helpful.
- JUNE 28** "LOVE YOURSELF WELL"
There's a difference between narcissism and valuing ourselves enough to occasionally put ourselves first. This show is a must for the "pleasers" among us.
- JULY 5** "VIRAL EPIDEMICS WE FORGOT WE SURVIVED"
Yes, we had plenty of viral epidemics in the past and got through them fine! What's different today? Learning to live with viruses and be victorious.
- JULY 12** "IS STRESS THE KILLER—OR HOW WE REACT TO IT?"
We manufacture much of our own stress. Find out how that happens this week—then break those bad habits and live a more peaceful and healthier life.
- JULY 19** "EMOTIONAL ROOT CAUSES TO ILLNESS. FACT OR FICTION?"
Since stored emotions can contribute to bad health, tune in this week to find out how to avoid stuffing and storing and learn to rid yourself of those toxic emotions.
- JULY 26** "THE MAGIC OF GRATITUDE IN HEALING"
Need some healing magic? Discover how a grateful heart fuels more blessings and what that looks like. Might be why many religions echo that same philosophy.

VISIT STAR WORLDWIDE NETWORKS OR SANDY'S WEBSITE FOR ON-DEMAND SHOWS.

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