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The healer differs from the medical doctor in that the medical doctor is a learned and trained technician in methods of alleviating systems of illness that may not be part of his/her personal experience learned to utilize life's obstacles for growth and development. when, through understanding trial and error, and obstacle, problem or illness is overcome and a new experien

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The Heal Thy Self movement has been at the forefront of holistic health for the last decade with the core driver being to empower people when it comes to self care. Everything from nutrition to mindset to emotional wellness and healthy relating, we've been sharing it.

Home - Heal Thy Self

He graduated with honors from University of Nottingham with a degree in health economics. Heal Thy Self is a show based on empowerment. Empowerment of you, the viewer such that you can be your highest self on every level. Through knowledge, we will be giving you the information you need to make informed decisions.

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