Links

**Instagram: Website:**

**Dr. Mark Hyman drmarkhyman** [**www.drhyman.com**](http://www.drhyman.com) **see broken brain series\***

**Dr, Joseph Mercola** [**www.mercola.com**](http://www.mercola.com)**\* various natural remedies**

**Dr, Mike Wasilison/ Moveu\*** [**www.moveu.com**](http://www.moveu.com)

**Andrew Dettelbach**

**\*= My favorite resources. Dr Hyman has a series on the importance of gut health. (a must watch) Dr Mercola has daily newsletter/articles that has alternative remedies to dis-ease. Very enlightening and encouraging. And the MoveU guys…check them out on Instagram for entertaining, effective, and common sense short videos on how you can work on your own body…………**

**LOCAL LINKS:**

**Dr. Mike Gilhousen, DC Gilhousen Chiropractic - Hammond 715-796-2122**

**Lori Novak Thermography of WI - River Falls 715-307-2748**

**Joyce Sobotta Certified Aromatherapist/Reflexologist 715-878-4474**

**Breast Health Educator - Eau Claire**

**Annalise Oliver, Esthetician Annalise’s Esthetics and Nails-River Falls651-505-0190**

**Lauren Morris, Accupuncturist Baldwin Area Medical Center – Baldwin 715-684-\_\_\_\_\_**