# MIND BODY AND SOUL HEALING



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Dr. & Master Zhi Gang Sha is a soul leader, a world-renowned master healer, and a divine servant. He is the founder of Soul Mind Body Medicine. He was trained as a conventional medical doctor in China and a doctor of traditional Chinese medicine in Canada and China.

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#### 15 Simple Tips to Balance Your Mind Body Soul

Here is a list of 15 simple things to consider incorporating into your healthy routine to help balance your mind, body, and spirit. 1. Exercise - Find an exercise you enjoy and start doing it regularly.. 2.

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