

Dr. Marium Murad of Movement is Blessed to be Featured on CUTV News Radio

SOMERVILLE, MASSACHUSETTS, UNITED STATES, June 2, 2017 /EINPresswire.com/ -- When it comes to our health, sometimes the simplest thing is the best thing.

Dr. Marium Murad has been recognized by CUTV News as an “Empowered Entrepreneurial Woman” for her Movement is Blessed program, where she has developed a specific exercise technique to improve circulation in patients.

“Movement is Blessed is a very old, very ancient saying,” says Dr. Murad. “The simplest thing is always the best thing. You start with the toes and work your way up.”

The technique, originally developed for Dr. Murad’s bedridden mother who recovered from both back and heart-related illnesses, is a very simple method of exercise based on small movements. These small movements help activate the body’s circulatory system to encourage the flow of blood throughout the body and eliminate metabolic waste, germs and toxins.

Dr. Murad’s program is primarily for seniors, especially those who are less active or mobile. Dr. Murad believes poor circulation increases the risk for health-related issues.

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Dr. Marium Murad

According to Dr. Murad, we need to get back to a more holistic understanding of the body. As a student of medicine Dr. Murad has been able to reconnect some of these ideas where other physicians are only looking to become more and more specialized.

“I’ve always been interested in more natural approaches to medicine,” recalls Dr. Murad. “We were an arthritic family. Arthritis affects you in such a way that it takes time for your joints to align before you can take your steps. This technique allowed my mother to be functional and ambulatory.”

CUTV News Radio will feature Dr. Marium Murad in an interview with Doug Llewelyn on June 5th and with Jim Masters on June 12th at 11am EDT.

Listen to the show on [BlogTalkRadio](#).



If you have a question for our guest, call
(347) 996-3389.

For more information on Movement is
Blessed, visit
<http://www.movementisblessed.com>.

Lou Ceparano
CUTV News
(631) 850-3314
email us here



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