

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

HOUSTON, TEXAS, UNITED STATES, February 1, 2018 /EINPresswire.com/ -- The cost of senior care has skyrocketed. According to recent studies, adult children are providing an increasing percentage of caregiving assistance to their parents. What's necessary is more preventive care to keep seniors healthy as long as possible.

Dr. Marium Murad is the creator of the Movement is Blessed, a uniquely specialized foot strengthening exercise program for the aging population to remain on their feet, maintain their independence and ease the burden for family caregivers.

The technique, originally developed for Dr. Murad's seriously ill mother, is a natural wellness program based on the body's own biological and metabolic needs.



"I've always been interested in more natural approaches to medicine," recalls Dr. Murad. "This technique allowed my mother to be functional and ambulatory."

Dr. Murad's program is custom designed for less active and less mobile individuals to strengthen their mobility mechanisms, allowing them to remain on their feet and prolonging their self-sufficiency.

"An essential element of good health are strong feet," says Dr. Murad. "And that's just the foot in the door."

Dr. Murad believes in personal empowerment by providing parents and grandparents with the necessary knowledge to move about at home as they desire, when and where they want, without any dependency.

"When chronically unwell parents exercise even slightly, their physical and mental health improves tremendously," says Dr. Murad. "If you're sedentary and lying down the whole day, the sluggish outer body slows the internal body, leading to further deteriorating health. Whatever minimal activity is possible does wonders."

CUTV News Radio will feature Dr. Marium Murad in an interview with Doug Llewelyn on February 5th,

February 19th
and March 5th at 12pm EST and with
Jim Masters on February 12th, February
26th and March 12th at 12pm EST.

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
<https://www.movementisblessed.com>.

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





This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases.

© 1995-2018 IPD Group, Inc. All Right Reserved.