

Integrative Healer Shirley Furman to be Featured on CUTV News Radio

IRVINE, CALIFORNIA, UNITED STATES, July 11, 2018 /EINPresswire.com/ -- Creating new habits can be extremely difficult if not impossible. We will often avoid change until we have no other choice. Fortunately, the healthy version of you is not the exception to the rule; there are fundamental tools we all have at our disposal to create new habits and live the healthy life we were born to live.

Shirley Furman is a nurse practitioner and integrative healer. Integrative healers provide healthcare with a focus on the whole person, using different methods to meet the specific needs of the client.

"I love what I do as a nurse practitioner and I love being able to use medication to help people who need it," says Furman, "but after doing this for 20 years, I've found a lot of people use antidepressants and even tranquilizers to help with anxiety or depression, when they just need healthier, less expensive, tools to improve their health. My goal is to give people as many of the fundamental tools and habits so they can get off their meds or not even start them."



According to Furman, a vast majority of our issues are actually the result of sleep deprivation. She helps her patients reclaim their health and wellness through a combination of hypnotherapy and sleep restoration.

"Sleep is something we're born doing, we take it way too much for granted," says Furman. "So let's try the simple solutions first. Restful sleep can be a bigger life changer than exercise or nutrition. When you're not getting enough sleep, you're more vulnerable. With adequate sleep you make better decisions. It's a great integrative tool and it's free!"

Most of us can be successful for short periods, but the biggest challenge is maintaining it after we're reached our goal and working it into our lifestyle. Furman says hypnotherapy can help ease that transition by connecting with our subconscious.

"Medicine can change people's lives, but if there's a way to take care of the problem without medication, then I'm all for it. I believe in the power of hypnotherapy because it is so fast and powerful," says Furman. "The goal is to develop new habits and incorporate them into our lifestyle, but

we tend to ignore our subconscious. With hypnotherapy I find I can change my patient's lives faster and easier with no side effects."

CUTV News Radio will feature Shirley Furman in an interview with Jim Masters on July 11th at 4pm EDT.

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

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

For more information on Shirley Furman, visit www.integrativehealer.com

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