

# Nurse Practitioner Teresa Anne Palmer to be Featured on CUTV News Radio

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[/EINPresswire.com/](http://EINPresswire.com/) -- When we are stricken by chronic pain, illness, and disease we are naturally filled with despair and wonder how did this happen to me? Is it possible that we have the power to take charge of health and well-being and heal? Could we actually prevent illness and disease?

Teresa is a top notch Nurse Practitioner, well-being consultant and educator with a special Interest in Integrative Health medicine.

"When I became a nurse I eventually discovered integrative health and functional medicine to help people get to the root cause of a disease rather than just treating the symptoms," says Teresa. "I work with beneficial healing modalities like mediation and yoga. My focus is stress management which is woefully a contributing factor to a staggering amount of illnesses. Helping people manage stress help them become healthier and unremittingly remain this way."



Teresa's journey to enlightenment to integrated health started when as a volunteer she began and traveling to other countries. What she witnessed changed her whole life's perspective on caring for herself and others and her view of science and medicine. In Romania she witnessed a monk fully recuperate from a heart attack because mentally he was determined to recover. This astounded Teresa how a person that was so ill could actually bounce back just from the power of positive thinking.

"Stress is a tremendous contributing factor to diseases since it affects our hormones and unbalances our bodies leaving us more susceptible to illness," says Teresa. "Since stress is a normal part of our lives then we need to learn how to manage and control it accordingly."

That doesn't mean we ignore our natural emotions like sadness, grief, and anxiety. Being more resilient, undergoing the stages of sorrow is acceptable but not letting it take over our lives so we are unable to function normally or we can become physically ill.

"Every single one of us are empowered but we must take a more proactive approach to our own health by exercising and getting the proper nutrients through our diets," says Teresa. "We need

to align ourselves with our health providers to figure out our health needs.”

Teresa emphasizes holistic medicine and strive to help others eliminate the need for overmedicating with pills that may put them at risk for serious side effects. Of course there is a need for traditional medicine and medication use. That has to be respected and utilized judiciously.

“We are all empowered and we have what it takes to be much healthier individuals,” says Teresa. “Our souls are all connected and I honor the light in you which is the same light in me. Connecting with one another is vital and we can help one another live a better quality joyful life.”

CUTV News Radio will feature Teresa Anne Palmer in an interview with Jim Masters on Tuesday February 12th at 2 pm EST.

Listen to the show on [BlogTalkRadio](#)

If you have any questions for our guest, please call (347) 996-3389

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