

Fumiko Takatsu and Nathan Jones Sit Down for an Interview with Candice Georgiadis

*Fumiko Takatsu, pioneered face Yoga.
Nathan Jones, founded Xlear*

GREENWICH, CT, USA, November 6, 2020 /EINPresswire.com/ -- Candice Georgiadis, owner of the blog by her namesake, interviews individuals on the cutting edge of hotel, travel, lifestyle and other similar topics. She expands the marketing footprint of individuals and companies with a combination of branding and imaging across social media and conventional websites.



Fumiko Takatsu, pioneered face Yoga

Healthcare continues to be a hot topic and Candice Georgiadis interviewed two individuals at the forefront of the industry. Helping them build out their social media and conventional website marketing and in turn their brand and image recognition is critical for their businesses to thrive as we continue to deal with COVID-19. Reach out to Candice Georgiadis at the below contact options to get your company going on the right track.

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Instead of seeking approval from some highly acclaimed source, I realized I needed to become the master I was looking to find. So I did!”

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face Yoga*

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Can you share your top five “lifestyle tweaks” that you

believe will help support people’s journey towards better wellbeing? Please give an example or story for each.

First and foremost, hot water. Maybe it stems from my Japanese background but I believe that drinking hot water is the simplest addition to one’s wellness journey. Hot water first thing in the morning detoxifies our whole system, cleanses our internal organs and hydrates us all at the same time. Most of our practitioners already correlate this practice with Face Yoga, as we often encourage them to add it into their routines.

A morning ritual and/or self care routine. When I first became a mother I completely lost myself. My endless devotion and love for my family made me forget that I also had myself to take care of. With time, however, I realized that when I care well for myself, I can also take better care of others. I now know that when I prioritize my wellness, it also gives my daughter permission to prioritize hers as well.

Meditation. Meditation is one of my non-negotiables in my morning ritual. Once we discover the power of a mindset practice, it is hard to go without. The best part, it can be any length of time. Even 5 minutes in stillness goes a long way and I would recommend people to start there and build up on this practice.

Movement. Most of us spend most of the day sitting. We also spend the bigger part of our day at our desks. Our business is completely virtual, and we encourage our employees to take breaks in the day to stretch, to walk, to move. I strongly believe that movement is one of the biggest answers to maintaining health, and once again, even a few minutes a day is a good place to start.

Face Yoga—of course I had to mention this, right? But really, this practice will change your life and it is SO easy to fit into your day. My team always laughs at me when I say it, but if you INSIST you don't have time in your day, do your Face Yoga while you're using the bathroom! Even a minute or two a day can start to create that habit of self-care and the physical benefits will get you hooked.

[The complete interview is available here.](#)



Nathan Jones, founded Xlear



Candice Georgiadis

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Nathan Jones, founded Xlear

You are a "healthcare insider". If you had the power to make a change, can you share 5 changes that need to be made to improve the overall US healthcare system? Please share a story or example for each.

1. We already have socialized medicine in the US, we just don't want to acknowledge it. Since we don't want to acknowledge that we have socialized medicine we have the worst and most expensive form of it. People without insurance go to the emergency room for everything and it is expensive. People without insurance wait until they get very sick, or until their cancer has really grown, or their Covid-19 has spread to the lungs before they go in and see a physician. Waiting is expensive. So, the very first thing I would do is acknowledge the system we have and find ways to make it run better.
2. Get rid of hospital "protocols" that dictate how people are treated. A patient and their physician should dictate how the patient is treated.
3. Take medications off of insurance programs. Drugs are not that expensive to make. The fact that they are expensive is simply because insurance is there to pay for them. If insurance did not pay for them the price of most drugs would come down. There are orphan drugs out there that insurance would need to help pay for.
4. Stop drug companies from being able to advertise their drugs to the consumer. Physicians are tired of people that come in with a disease they think they have after seeing an advertisement for it. They don't need it, but they think they do.

[Read the rest of the interview here.](#)

Be sure to reach out to Candice Georgiadis to get your social media marketing on the right track. You can reach her at the below contact options.

About Candice Georgiadis

Candice Georgiadis is an active mother of three as well as a designer, founder, social media expert, and philanthropist. Candice Georgiadis is the founder and designer at CG & CO. She is also the Founder of the Social Media and Marketing Agency: Digital Agency. Candice Georgiadis is a Social Media influencer and contributing writer to ThriveGlobal, Authority Magazine, and several others. In addition to her busy work life, Candice is a volunteer and donor to St Jude's Children's hospital.

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