

Dr. Kylie Burton and Vicki Mayo Interviewed by Candice Georgiadis

Dr. Kylie Burton, licensed chiropractor & a functional medicine expert. Vicki Mayo, founder and CEO of The TouchPoint Solution

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/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.

Wellbeing... what does it mean? Candice Georgiadis is helping bring that word to people across the globe along with an understanding of what it means and how it may help them. Below are two excerpts from recent interviews. There are some fascinating tidbits of info, just enough to get you started in the right direction. Building a brand and a positive image attract new clients, build trust, both are much needed as we continue to #reopen after #COVID-19. Reach out to her at the below contact options to get your company going in the right direction, beating out your competitors.



Dr. Kylie Burton, licensed chiropractor & a functional medicine expert

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When it comes to health and wellness, how is the work you are doing helping to make a bigger impact in the world?

Chronic diseases affect more than 40% of American's and over \$329 billion is spent on prescribed drugs yearly. These drugs are meant to manage symptoms and are designed for people to depend on them to survive. The U.S. spends more money on healthcare than any other country, yet, out of all first-world countries, we are the sickest—with the highest obesity

prevalence—and the trend is only worsening. 2/3rds of people who file for bankruptcy cite medical issues as a key contributor to their financial downfall.

I have helped thousands of individuals break free from the mold; get control of their health (which means their finances for many) and stop fearing the future. By helping them discover the WHY behind their health struggles, they can truly begin to live the dreams they've never dared to dream.

My one desire: empower more people to take action, to start thinking beyond the diagnosis, to gain hope.

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.

1. VITAMIN D!!!! So many people take this just because. But they aren’t taking enough. Instead of a maintenance dose of 2,000 IU’s/day, it needs to be 10,000 IU’s per day; especially if they struggle with anxiety or depression and/or the winter blues.

2. Change your Mindset: stop searching for a diagnosis

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Lower your toxic load. Make one simple change in your house by removing a toxic cleaner and replacing it with a natural cleaner.”

Dr. Kylie Burton, licensed chiropractor & a functional medicine expert

The biggest problem with our healthcare system is that we are indoctrinated to find a “diagnosis.” Once we have a diagnosis, then we have answers. Wrong. Once we have a diagnosis, we have a label next to our name, and hence, a pill to take the rest of our lives. Our health does not change when we receive a diagnosis. All that means is our symptoms fall underneath an umbrella, which means they can now prescribe a medication to manage the symptoms. That’s it. A diagnosis tells you nothing about “why.”

The [full interview is available here, a must read!](#)

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Vicki Mayo, founder and CEO of The TouchPoint Solution

Can you please share your “5 Non-Intuitive Lifestyle Tweaks That Will Dramatically Improve One’s Wellbeing”? (Please share a story or an example for each, and feel free to share ideas for mental,



Vicki Mayo, founder and CEO of The TouchPoint Solution

emotional and physical health.)

I touched into this a bit above but will go into more detail here.

Healthy Thinking

So much of what we do, say and feel comes from our internal dialogue. If what we are saying to ourselves is negative, then the world around us will result in negative space as well. Like exercise, we must exercise our thought patterns. Say positive mantras, say positive things and over-all speak well about ourselves, others and our personal situations.

2. Healthy Relationships

Read any relationship book, listen to any therapist and you will hear the same thing “cut toxic people out of your life.” Easier said than done when you don’t understand what is toxic about them or the relationship. When focused on a relationship being healthy—you’ll start to see what those professionals are talking about. Like your physical health, you have to work on relationships to keep them healthy—from dating your spouse, to intentionally spending time with your children, to setting boundaries with office relationships—it’s all work. But it’s work that makes a huge difference in your overall health and wellness.

3. Mindfulness

Mindfulness is in my blood and culture. But its impact is so great that it has incorporated itself into western culture and medicines. Mindfulness is about intentionality, being present in what you are doing and where you are. This can be refined through meditation practices—something I do daily. Have you heard the saying that depression is the past, anxiety is the future—but now, now is where we feel our best selves.

4. Stress + Anxiety Reduction

Okay—while healthy thinking, healthy relationships and mindfulness will help in reducing your over-all stress, it’s still something we must intentionally take care of. [...]

[The rest of the interview is available here.](#)

Be sure to reach out to Candice Georgiadis to get your social media marketing on the right track.



Candice Georgiadis

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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