

**MIRROR/MIRROR: A HOLISTIC APPROACH TO LIVING  
WELL**

Graham Landaverde

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**Rebecca Spera host of Mirror/Mirror | The Live Well Network**  
Editorial Reviews. About the Author. Denny Richard considers everything on his path a teacher of life. Born and raised in a suburb of Boston, MA. Denny spent.

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Considering race, you could say I am a Middle-European mix.  
February 7,

Becoming a mother has definitely made me more aware of the way I see myself and

This touches on masks. Not because I hate the sight of. Ah – I hate to assume this but I take it you were speaking to me?

Rating details. Ananda Integrative Medicine also offers nutrigenomic services, allowing patients to develop a personalized plan to achieve optimal health based on their genes. Testimonials "I have seen physicians at Penn, Harvard and Vanderbilt for ongoing sinus infections and GI distress but no one has been as effective as Dr.