

ARDMORE, PA, September 24, 2013 **/24-7PressRelease/** -- Every Tuesday, Wednesday, and Thursday evening at 8:00 PM eastern time, you can listen to Wellness, Wholeness & Wisdom radio with host Psychologist Parthenia Izzard, CNHP on BlogTalkRadio. The program is archived within minutes of the live broadcast on the internet and rebroadcast. On your computer go to <http://www.amtherapies.com> and click on the Radio link to listen to the show live online or on your phone! Program topics range from authors like Bishop Jordan, James Redfield, Immaculee Ilibagiza, Stuart Wilde, and William Tiller to owners of products like Rishi Teas, and Dr. Kracker. She also has celebrity guests like Sidney Poitier!

August 27, 2013, Wellness, Wholeness & Wisdom Radio Host, Psychologist, and Certified Natural Healthcare Practitioner Parthenia Izzard, CNHP will talk LIVE with Jill K. Thomas, author of, *Feed Your Real Hunger: Getting off the emotional treadmill that keeps you overweight*.

Hypnotherapist, and author, Jill Thomas has helped hundreds of clients achieve their lifestyle and wellness goals. She draws on over 15 years of experience in the health and nutrition field as well as her natural intuitive abilities to assist others in losing weight, improving athletic performance, overcoming debilitating phobias, attracting greater prosperity, and healing relationships.

A certified hypnotherapist, Jill K. Thomas has advanced trainings in weight loss, self-confidence, sport improvement, stress reduction, past life regression, and energy work. Her new hypnosis book, *Feed Your Real Hunger: Getting off the Emotional Treadmill that Keeps You Overweight*, incorporates self-hypnosis techniques as part of a revolutionary program to help people change the way they think about food, their body, and themselves. Jill K. Thomas infuses her client sessions with the insight that can only come from someone who has been there.

Remember Tuesdays are reserved for live programs, Wednesdays, and Thursdays for rebroadcasts [with occasional "open forums" on Thursdays] every month. Rebroadcast Guests will be announced on the air. Check the web site, <http://www.amtherapies.com>, to see who next week's live and rebroadcast guests will be or check the <http://www.blogtalkradio.com/wellnessradioalternative-medicine> web site [type Parthenia Izzard or Wellness, Wholeness & Wisdom Radio into the web site search engine].

You can listen to the show live online as explained above or by subscribing to the newsletter on the <http://www.amtherapies.com> web site. E-cards with radio show access links are emailed to subscribers. To call in during the program call 619.789.6835 or send Parthenia Izzard an instant

message or email to wellnessradio@amtherapies.com during the program. The show website is <http://www.blogtalkradio.com/wellnessradioalternative-medicine>.

Psychologist & Certified Natural Healthcare Practitioner Parthenia Izzard has a private practice in Pennsylvania where she sees clients face-to-face and remotely through secure video conferencing, call 866.472.6094. You can schedule your appointments and/or select webinars [<https://amtherapies.acuityscheduling.com/>], purchase her co-authored book, 101 Great Ways to Improve Your Health, now and all on her site. Her solo book will come out soon.

Go to Host Psychologist & Certified Natural Healthcare Practitioner Parthenia Izzard's website, <http://www.amtherapies.com>, for the schedule of upcoming radio program guests, information about her practice, her blog, and newsletter. You can follow Parthenia Izzard on Twitter.

Be well, Host Psychologist & Certified Natural Healthcare Practitioner [CNHP] Parthenia Izzard

We listen to your concerns about the unexplained aches and pains and symptoms that doctors cannot identify or explain. We offer a holistic approach to preventive care. At Alternative Medicine Therapies, we employ techniques that add to the quality of your life. On the radio I endeavor to present a new guest each week who will be a representative from the world of alternative medicine therapies, related products and issues. These programs should lead you to a healthier way of life.