

ARDMORE, PA, October 07, 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!

October 8, 2013, Wellness, Wholeness & Wisdom Radio Host, Psychologist, and Certified Natural Healthcare Practitioner Parthenia Izzard, CNHP will talk LIVE with Dawna Stone, author of, Healthy You! 12 Days to Quick and Permanent Weight Loss and a Healthier, Happier You.

Dawna Stone is a health, fitness, and wellness expert. As the founder of Women's Running magazine and the Women's Half Marathon series, she has helped thousands lead healthier lives. Dawna Stone won NBC's The Apprentice: Martha Stewart and has hosted "Health and Fitness Talk with Dawna Stone" on Sirius Satellite Radio as well as "Healthy Living with Dawna Stone" on Fox-TV in Tampa. Her other television credits include appearances on The Today Show, MARTHA, and morning news programs on all four major networks - NBC, CBS, ABC, and Fox. Dawna Stone has served as a spokesperson for the American Heart Association and has contributed health and wellness articles to numerous newspapers and magazines. She earned her bachelor's degree from the University of California, Berkeley, and her MBA from UCLA's Anderson School of Management. An avid runner and Ironman triathlete, Dawna Stone lives in St. Petersburg, Florida.

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>, or <http://www.blogtalkradio.com/wellnessradioalternative-medicine> web site [type Parthenia Izzard or Wellness, Wholeness & Wisdom Radio into the web site search engine] to see who upcoming guests will be.

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.