

# **Acute Care: One Mom's Journey to take charge of her family's health**

Join Health coach Lauren Hubele and cohost Megan Ethridge, RN as they chat with Ashley Dalme, art teacher and mother of two children. A year ago Ashley began to consider natural options to support her children. Her daughter was in a constant cycle of acute illness and her son challenged them all with his poor sleep, mood swings and difficulty focusing. Once Ashley learned the root of her children's symptoms and how to resolve them she began to see amazing progress. Listen to Ashley's story.