

Breathing Room: Homeopath and Gemmotherapist Jhuma from Boston

2020 has delivered layers of meaningful lessons on the value of breath and our ability to breathe. Come step with me into the Breathing Room. Listen to these short conversations with women from a variety of natural health modalities who share thoughts on this theme of breath. You'll discover the gift of a tip or practice you can put to use now in order to harmonize your nervous system and restore your ability to breathe.

Jhuma Biswas, Homeopath and Gemmotherapist from Boston is my guest on this episode. Jhuma shines a powerful light on our collective struggle for breath and guides listeners to find the in-between spaces in their breathing and in life.