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[Facebook Podcast: “That Thing U Do” - Alternatives in Healthcare: Featured guest: Dr. Lara Hill, DC, Chiropractic for Body and Life](#)

Perfect to share with your friends!

## **Wellness Renaissance Interviews**

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[Episode 35 – Interview with Dr Lara Hill – Not Your Standard Doctor of Chiropractic](#)

Not your standard doctor of chiropractic. She practices an advanced specific far reaching technique. She shares about this technique, what brought her to this work and much more in our conversation.

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[Episode 83 – Spirit and Wellness Connection 2019 Panel Podcast](#)

### **Panel 1**

Erin Dewitt (Conscious Living)  
Theresa Williams (Positive, uplifting music)

### **Panel 2**

Sarah Mitchell. (Sarah Fae Healing)  
**Dr. Lara Hill (Network Chiropractor)**

### **DR LARA HILL**

Helping people develop efficiency and coherency in their nervous system.

Her work is different as it is not intervening at the bone as we are more commonly used to. She supports the nervous system in retraining itself to have more long term sustainable changes.

Lara shares a few of her Keystone habits to living an extraordinary life.

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## [Episode 125 – Corona COVID-19 – “So, this is new. How do we DO this. Some suggestions”](#)

### **SOME TOPICS COVERED**

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- Helpful tips, suggestions, resources, etc. provided by a few friends of the podcast. (Thank you Dr. Lara Hill, Cheryl Larson, DO and Rebecca St. Martin)
- Various ways to take care of and support our immune system and body... now and in times our body needs a bit extra support.
- Mindful about going out... OR NOT going out! What is the ripple effect?

Other Related:

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## [Episode 41 – Dr. Susan Gullion – The Power of SRI, Somato Respiratory Integration](#)

What is SRI? Somato Respiratory Integration? What does it look like? Susan talks about the simplicity of breathing positions/exercises and “paying attention” that makes up the stages and seasons of SRI. Susan talks about the experiences and self connection one might find themselves experiencing with this work