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### **Recall Healing**

More research is finding that drugs like ecstasy can be used to treat PTSD and other mental health diseases. But there are caveats.

### **Ecstasy is a tool, not a cure-all, for healing trauma**

Trauma can have damaging long-term effects, even on your physical health. Arm yourself with the science behind the sensations and therapies that can kickstart healing.

### **How Your Body Remembers Trauma**

One yogi's story about how backbending helped her find healthy ways to navigate challenging moments and release trauma ...

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### **Backbends Changed My Life, And They Can Change Yours, Too**

Finding Peace in the Promises of God, released Tuesday, the Counting On star reflects on the day that her brother Josh Duggar's past molestation scandal was made public ...

### **Jinger Duggar Recalls the Moment Brother Josh's Past Molestation Scandal Was Made Public in 2015**

Susan Stevens will graduate from the Wake Forest School of Medicine this month, after studying the complicated grief from addiction and overdose.

### **'What could be more traumatic than a mother losing her child?' | Winston-Salem woman who lost daughter to overdose seeks to help others with grief**

If your mom is living, I hope you will let her know how much you

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love her. If you no longer have her, I hope you will cling to the good memories.

### **Rev. Clifford Hamilton: Thanks to God for all the mothers and grandmothers he has given us**

Racism is so deeply entrenched in the wellness industry, we often don't realize the extent. This is how 8 WOC are fighting racism in wellness.

### **8 Women of Color Who Are Working to Dismantle Racism in Wellness Culture**

"I was begging God for healing. And when Connie and I read the scriptures together, we learned that God wants us to have health and wellness, healing and prosperity. And the Bible speaks truth.

### **John Tesh recalls how faith gave him hope during cancer battle: 'I was begging God for healing'**

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Jinger Vuolo is reflecting on one of the hardest moments in her life. The former Counting On star details how she felt after her brother Josh Duggar's past molestation scandal was made public in her ...

### **Josh Duggar's Sister Jinger Recalls 'Living in a Nightmare' After His 2015 Abuse Scandal**

I look forward to more healing as children return to school and ... Now, they're feeling empowered and want to recall our Board of Supervisors, starting with Supervisor Linda Parks, for ...

### **Letter: A mean-spirited recall**

While recently promoting her new book on the Dr. Oz Show, Oprah opened up about her traumatic childhood, which was filled with abuse and "loneliness." ...

### **Oprah Winfrey Recalls Her Abusive Childhood In New**

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### **Book; Says She Was Forced To Sleep On the Front Porch At Night**

People might've assumed that Dog the Bounty Hunter was just born with the hard exterior and forceful personality that successfully allows him to track down wanted criminals. But the reality star, as ...

### **Dog The Bounty Hunter Recalls Abusive Dad And The Day He Learned Big Family Secret**

An emotional episode of "The Midnight Gospel" on Netflix helped our critic process her own fears about loneliness and loss.

### **For Mother's Day, a Healing Meditation on Mortality**

Chris Valerio's firefighter father used his EMT training to help treat his own son following a traumatic baseball injury that required 500 stitches ...

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### **Loveland 12-year-old recovering from baseball head injury that required 500 stitches**

Reform advocates have hailed L.A. District Attorney George Gascón's new policy as striking a blow against mass incarceration, while many in law enforcement say he's endangering the public.

### **'People Evolve': Why DA Gascón Reversed Decades of Parole Policy To Support Release In Most Cases**

When brother Josh Duggar was publicly accused of molesting sisters Jill and Jessa in 2015, Jinger Duggar was 'shell-shocked' by his 'sinful choices,' she writes in her new ...

### **Jinger Duggar Recalls 'Raw & Painful' Aftermath Of Brother Josh's Abuse Scandal Going Public In 2015**

Singer songwriter Beyoncé recently turned to social media to reminisce over the 5-year anniversary of her hit Lemonade. The

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singer penned the note on Instagram and wrote, “I’m grateful that this body ...

### **Beyoncé recalls the making of her ‘Lemonade’ music video**

Canadian documentary cinema takes center stage at Hot Docs, with films screening across programming strands, and pitch events—such as Forum and Deal Maker—connecting the global doc marketplace to ...

### **Hot Docs’ Canadian Slate Reflects Global Issues Through Local Eyes**

The bubbly life of the “duchess of healing” Dr Sindi van Zyl has been celebrated at a memorial service that took place virtually on Thursday afternoon. Van Zyl died on Saturday after a ...

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