



Your Rights to be Well

M. E. Dunbar

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Your Rights To be Well is my journey of joy, pain, fun, magic, of learning to be empowered and well. As I progressed I came to understand that we are whole physical, mental, emotional, spiritual beings and not just a sum of our parts. I learned that each of us has an internal bio-feedback system that never lies and the importance of listening, honoring and trusting the information this system provides regardless of what I am told. Empowerment and wellness happened over a period of years as my research and beliefs changed my focus from allopathic to alternative/complementary medicine and treatments, modalities and professionals that resonated with what was right for me personally. Learning about your bio-feedback system could be the greatest gift you can give yourself. It is my hope that this book will resonate with you and provide you with the incentive to start your journey to empowerment and well-being

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