

Diane Vich Launches 8 Week Program to Tackle Stress, Anxiety and Symptoms During the Quarantine

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Diane's Wellness and Holistic Health, based in Miami, Florida, has announced that Dianne Vich will be offering an 8 week program called Manifest Wellness with Diane. This program will run from May 13, 2020 at 7:00 am to July 1, 2020 at 10:00 pm and is designed to offer a unique experience to tackle anxiety, stress, and symptoms during this quarantine. It will consist of live lessons using the Zoom app and the videos will also be available for replay.

The program will include weekly meditations, sound healing, immune support, hypnosis, breath work, and lessons to minimize stress, boost the immune system, and calm the nervous system. Guests will have access to all of the live lessons and recordings. There will also be a weekly Q&A Group Session to support those individuals who have unique symptoms and experiences. Those who are interested may also join the free Facebook group, Unleash Your Inner Strength, for more resources.

Diane Vich has also established a mini-course called Crappy to Happy, which is designed to guide people on the use of a unique short stress relief routine and meditation for calming the nervous system, reducing stress, and boosting the immune system. And towards the end of the Crappy to Happy lesson, she shares a unique meditation to help support people during the Covid19 crisis and invites them to take a 21-day breathe and meditation challenge.

Diane also shares how she was able to journey from chronic illness to wellness by taking healing out of the box of conventional medicine on her podcasts called, Goddess Unleashed. She is a registered nurse, health coach, and hypnotist who utilizes her own personal experience and expertise to link the alternative and conventional realms of medicine. She shares how she was able to use this unique combination in overcoming Ehler-Danlos Syndrome. This is a genetic condition that weakens connective tissues, such as tendons and ligaments. The result is that it can make the joints loose and the skin so thin that it can easily be bruised.

The podcasts, which are aired every Thursday at 7:00 am and 7:00 pm ET, are designed to empower people to find their own unique wellness by looking outside the box. She aims to inspire transformation by tapping into the body's natural healing ability and put a stop to the cycle of unnecessary prescriptions and surgeries. Each podcast offers a unique synergy of alternative and conventional medicine to empower personal transformation in people.

Diane Vich personally experienced chronic illness and autoimmune disease but was able to transform her health on a journey that lasted for seven years. She now enjoys helping women overcome anxiety and digestive problems, reducing their symptoms through holistic treatments to release pain and trauma. She has recently published a children's book, titled, "Bubble Bee," which is designed to help families during the pandemic. She wrote this book during the summer of 2019 while she was writing her bestseller book, "The Truth About IBS and Anxiety." She wrote the children's book while supporting her son who was suffering from anxiety, sensory overload, and sleep issues. She has written several different children's books on meditation but has only published one so far because of lack of time as she balanced her full time nursing career, family, and coaching business.

She is also being featured in the next book in the series Chaos to Clarity. In this book, she explains her recent journey through a chaotic event that resulted in her reliving her chronic symptoms but was able to come out a wellness warrior again. She explains that it is important to have daily commitment to self-love and appreciation in spite of the negative thoughts that try to knock a person down. She points out that self-limiting beliefs and negative emotions can result into a sense of loneliness, stagnation, and self-doubt. She aims to support people when they go through such difficult times so that they are able to thrive again.

Those who are interested in learning more about Diane Vich and various techniques and strategies to achieve wellness, may want to visit the Diane's Wellness & Holistic Health website, or contact them through the telephone or via email.

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For more information about Diane's Wellness & Holistic Health, contact the company here: Diane's Wellness & Holistic Health
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Diane's Wellness & Holistic Health

Diane Vich is a registered nurse and holistic health coach who helps women explore their inner desires through mind, body and soul connection. Diane helps clients overcome trauma, chronic disease and negative patterns that impact their

health.

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