



# Empowering Professionals

May 2018

## Dr. Patricia A. Broderick

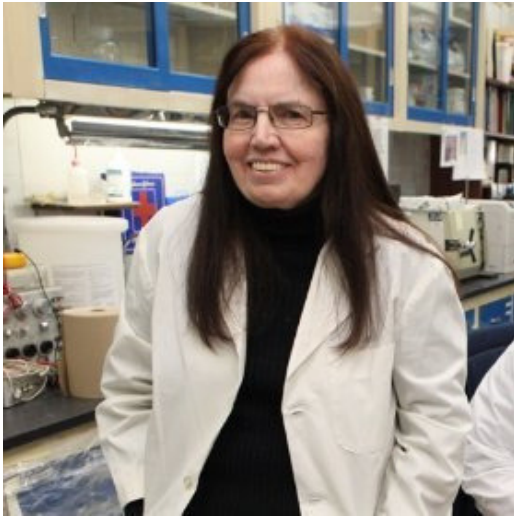
NY Medical Professor &  
Founder of Broderick Probe



# Empowering Professionals

## Profile of

### Dr. Patricia A. Broderick



The brain is a living miracle, but we're getting closer to understanding the brain, both biologically and chemically, thanks to remarkable advances by dedicated, innovative and open-minded scientists like Dr. Patricia Broderick.

Dr. Broderick is a Medical Professor in Molecular Cellular and Biomedical science at The City University of New York School of Medicine and has served as Adjunct Professor in Neurology at NYU-Langone Medical Center. She is also Founder of Eazysense Nanotechnologies Inc.

Dr. Broderick has invented, patented and trademarked a revolutionary technology The BRODERICK PROBE® that will change the face of science and medicine.

Dr. Broderick has spent a career working on neurodegenerative diseases like epilepsy, Parkinson's and Alzheimer's, as well as biopsychiatric conditions like anxiety, depression, schizophrenia, schizoaffective disorders.

## Q&A

**EP:** What inspired The BRODERICK PROBE®? Where does an idea like this come from?

**Dr. Broderick:** I study the brain. I wanted to explore the neurotransmitters of the brain in their natural state and compare the differences in neurochemistry with a brain disorder we would want to heal.

**EP:** How does the BRODERICK PROBE® work?

**Dr. Broderick:** Our brains have something called neurotransmitters like dopamine, serotonin, oxytocin, which indicate all manner of information regarding the health of our brain.

So the question becomes “How do we observe the chemistry of the brain without opening the brain?”

The BRODERICK PROBE is a photosensitive, electro-active polymer sensing device that converts photonic energy into electrochemical energy, so we can live-image and video track in real-time the release of neurotransmitters in neuropsychiatric, neurodegenerative diseases. With this technology, we will be able to see neurotransmitters as they are actually released in real time on the computer or even a mobile device.

Without opening the brain, the device provides significant insights for diseases like epilepsy, stroke, Alzheimer's and Parkinson's.

**EP:** Has it always been your intention to be able to communicate complex ideas to regular people?

**Dr. Broderick:** This just comes to me. When I'm talking with a person who is in the field, knows the art, then I will speak in a different fashion, yet very naturally. You see, I direct my thoughts toward the person's needs and bring the person's mind to a more sophisticated level, yet again very naturally. That's why, for example, my innovative approachable, yet effective style, of teaching brings me right now teaching physician's assistants at the same time as teaching 200 freshmen, sophomores, juniors, and seniors all together in a medical school course called "Science for Non-Science Majors." Interestingly, I've converted this course into “The Neuropsychology of Drug Abuse and Addiction” and the course has attracted all subtypes of majors as well as science majors including medical students .

**EP:** It serves you well. You're not only employed at a teaching hospital, but you're also out there trying to seek investment in this revolutionary technology.

**Dr. Broderick:** That's exactly right. There's a book called Restoring Eden, and in that book I found a sentence that was absolutely what I live by: "The material creation is a fundamental of our worth." In other words, what we create is who we are.

**EP:** In what way is the technology that you're working on with Eazysense a reflection of who you are?

**Dr. Broderick:** Eazysense Nanotechnologies is about marketing my fundamental work. This is my material creation and it has been my work all my life. I'm creating a way to reach people's minds.

**EP:** You're not just coming up with ideas for the future, you're actively pursuing how we can go from point A to point Z and create a future.

**Dr. Broderick:** That's exactly right. The key word is the implementation.

**EP:** Was the patent process difficult?

**Dr. Broderick:** I've done it many, many times. All of the patent attorneys want me to work directly right with them. We have always had a marvelous relationship. I really enjoy the whole process. In fact, I plan to take the patent law test online and become a patent agent.

**EP:** It's a long, arduous process to go from a brilliant idea to something you can hold it in your hand, let alone seeing physicians use it one day. When you first had this idea, were you aware it was going to take the next 15-20 years of your life?

**Dr. Broderick:** Yes, I did know and have always known the inherent value of the BRODERICK PROBE®. What I did not do, is to assume my rising stature in the scientific world globally in simply doing what I consider such a natural way to heal the suffering of the diseased brain. I did not think of myself as so unique as it really is and this part of myself is fascinating to me, entirely fascinating. You see, the entire process of development, patents to applications is so wholly integrated in my mind. I was surprised how easily I have found it to have already had the experience of standing right next to a neurosurgeon explaining exactly what do to, where to do it, how to handle the sensor that's smaller than

a human hair and where to put it. It's a fabulous feeling that I have come to in its realization. Again, it is fascinating to me that I find it so natural and appealing.

**EP:** I understand you will be a keynote speaker in Stockholm, Sweden at Nanotech 2018 this September. What is this event? What will you be speaking about?

**Dr. Broderick:** Officially it is the 30th Annual Congress on Nanotechnology & Nanomaterials. This year our theme is "Modern Solutions for a Healthier Planet." Being asked to give a Keynote Speech to the scientists in the world of sensors and sensing the brain as an expert at the home of the Nobel Award, Stockholm, Sweden is an honor I had not anticipated at all! I was simply praying my work would be accepted as I always pray.

**EP:** You have also been recently honored by the Bronx Times Reporter for its 9th Annual 25 Bronx Influential Women Awards. What does that mean to you as someone who has dedicated their life to education?

**Dr. Broderick:** As Jesus says, the prophet is never known in his own town and the prophet should then "shake the sand from his sandals and move to another place who will support his prophecy." The award that the Bronx Times Reporter has kindly given to me shows that the prophet happily is accepted and admired not only in the global world but in her own town! And that the struggle, the difficult yet wondrous journey, the evolution, from in vivo electrochemistry in the brain to its inventive form as "Neuromolecular Imaging" and further to my inventive "Voltaic Photonics" has been worth it.

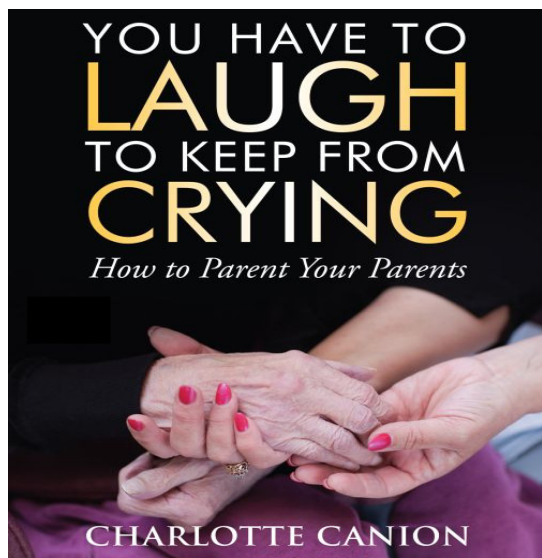
---

Eazysense Nanotechnologies Inc.  
Dr. Patricia A. Broderick, President  
The City University of New York School of Medicine  
The City College of New York  
160 Convent Ave  
New York, NY 10031  
Mailroom: Harris Hall, Room 01  
Contact: Dr. Patricia Broderick  
Phone: 718-928-4858/718-928-4859  
Email: broderick@med.cuny.edu



**Charlotte Canion**  
AUTHOR - KEYNOTE  
SPEAKER - MENTOR -  
INVENTOR

Empowering Professionals  
Magazine Profile for  
Charlotte Canion



Mothers never stop parenting their children, but there comes a point for all children fortunate enough to have parents reach old age, where the needs of the parent demand a reversal of roles. Suddenly the parent is the child who needs daily care and attention.

Charlotte Canion is the author of *You Have to Laugh to Keep From Crying: How to Parent Your Parents*, a “survival guide” for adult children caring for their elderly parents.

“My passion is to help people who are going through the same experience I went through, so they don't have to learn these lessons the hard way. I want people to find the humor in everything they can and make the person they're taking care of laugh as well. You're creating those cherished memories and that is what will sustain you.”

*You Have to Laugh to Keep From Crying: How to Parent Your Parents* can help readers navigate this experience in a way that's healthy for you and your parents or loved ones.

Empowering Professionals spoke to Charlotte Canion to discuss her life, her book and the challenges of this profound experience.

**Empowering Professionals:** What inspired you to

write this book *You Have to Laugh to Keep From Crying*?

**Charlotte Canion:** My journey began about 15 years ago when my father-in-law came to live with us. He had developed dementia. At the same time, the doctors diagnosed my mother with Alzheimer's. And my dad was in the early stages of Parkinson's disease. Somewhere along the way I decided to start writing down my stories and my feelings. It was therapeutic for me, writing these stories. I didn't realize it would end up in a book.

My mother died at 93. I had already lost my father-in-law and my dad. Six weeks later I got invited to a writer's seminar and God said, "Now write your book!" Here I am two years later with book in hand.

And it's changing lives. I'm in awe when I hear people respond to my book. Over the last year it has been such an eye-opening experience. I knew people were going through it, but like you said earlier, a lot of people keep it internalized. They don't share their stories. People thank me for sharing my story.

**EP:** What can readers expect from the book?

**CC:** My book is divided into love, respect, patience, and forgiveness. From my heart I wrote down things that made me smile, that made me laugh and made me cry. Although my mom was unable to enjoy the book herself, I know that she's smiling on me, because I'm helping other people.”

**EP:** The book is titled *You Have to Laugh to Keep From Crying*. Why is humor so important?

**CC:** Laughter is the key. Laughter creates endorphins. Laughter heals. We have to look to the positive side and find some humor in everything. There's not a thing we can do to change it, so we might as well laugh along with it.

**EP:** One of the best pieces of advice you share in this book is to continue to create treasured memories.

**CC:** My passion is for people to create good memories. Once they're gone, you won't have anything else but those memories and you can't create any new ones.

**CC:** My passion is for people to create good memories. Once they're gone, you won't have anything else but those memories and you can't create any new ones.

**EP:** You have to find meaning in it, because there isn't going to be a happy ending.

**CC:** One of the reasons I wrote the book is when I was on the journey, I couldn't find anything to read to help me. There was no real structure back then. There wasn't anyone speaking to me on my level. When I found information on Alzheimer's or Parkinson's, it was written by a doctor in medical terms. I thought I was reading in a foreign language. It didn't touch on those emotions that people are getting from my book.

This experience is fraught with so much emotion. No one teaches us how to navigate this transition in our lives. Role reversals are inevitable for almost all of us living today because people are living longer. But in my wildest dreams, if you had asked me back in my 40s, I would have said, "Mom and dad are going to die in their bed. I'm going to plan the funeral. I'm going to bury them, then I'm going to grieve. And that's what's going to happen." Not so.

**EP:** What's one piece of advice you would give to somebody who is struggling caregiving for a parent?

**CC:** I'm going to say the word "respect." Respect them for who, what, and where they are, because you're not in their body, you're not in their head. Treat them with all that love and tenderness, that's really all you can do. You have to love them for who, what, and where they are. The only thing they're going to know as they go through this is who was around them that loved them and showed them the attention. The biggest thing I tell caregivers or someone who is walking down the path is: Try not to feel guilty if you do something that might not be exactly right. It's OK. That's how we learn. Don't carry that guilt. Do what you can do. That's all you can do.

"My mother passed away two years ago. I still find days I want to pick up the phone and call her. I think the reason she lived with Alzheimer's for over 10 years was because I kept her close to me. I kept her in the now. I played games with her. Some days, she might not know who I was, but she enjoyed my company. Six weeks before she died, she spoke to me like a mom would. We hugged and kissed. I was almost out the door and she yelled, 'Charlotte! Come back here!' And you have no idea how fast I ran back to my mom's side. Treasure all those memories and continue to create new memories."

**EP:** Why are you so passionate about this?

**CC:** It's a blessing. I speak to strangers. And they share their most intimate stories with me. That's why there's going to be sequel to my book because people want me to share their stories.

---

Charlotte Canion  
Argyle TX 76226  
Contact: Charlotte Canion  
Phone: 940-484-9070  
Email: [info@ccanionpublishing.com](mailto:info@ccanionpublishing.com)  
Website: [www.HowToParentYourParents.net](http://www.HowToParentYourParents.net)



**Claudia Harvey**

**Co-Founder and CEO  
of Dig It Apparel**

Empowering Professionals Magazine  
Profile for  
**Claudia Harvey**



Sometimes a great idea solves a simple problem with a simple solution. And that solution can lead to doors opening one never even knew existed.

For women who love to take care of their nails as much as they enjoy gardening, it was too easy to ruin their manicured hands. Why does this matter? Well this problem was solved by creating a great product Dig It Handwear® and the doors then opened wide.

Claudia Harvey is the co-founder and CEO of Dig It Apparel®, which specializes in manufacturing utility gloves for women that protect a woman's nails in the garden and any DIY project. Dig It's industrial design patented Pillow-Top Protector™ sits on-top of a lady's fingernail to inhibit dirt and debris from getting to nails. How simple yet amazingly effective! That simple idea, nine years later, has led Claudia to invest in other companies, founding and co-founding other businesses, and has taken Claudia across the globe sharing her story of creativity and empowerment.

Within six weeks of launching, Dig It had drawn interest from 42 independent retailers across Canada, but Claudia's life truly changed when the company pitched on Dragons' Den, Canada's version of Shark Tank, where Dig It struck a deal and partnered with investor Kevin O'Leary. Following the broadcast, big box stores like The Home Depot Canada and Lowe's expressed interest.

What began as a small Canadian company launched in the recession has now expanded significantly in the US. Since 2009, Dig It has added new products and seen considerable international retail growth in national retail chains and stores across North America. The only way to do that is if the consumers continue to love your product and brand.

Empowering Professionals spoke with Claudia Harvey to learn more about the incredible story of Dig It and the start of her journey.

**Empowering Professionals:** So how did this idea come about?

**Claudia Harvey:** Dig It was created by women for women. It was a casual conversation over beers and barbecue. My friend and I were both gardeners, both loved being outdoors, and we both liked being stylish. We were lamenting the fact that we get our nails done only to ruin it the next day in the garden or working with our hands and said, "They should create nail-protector gloves for women!" so "They" became "We!" We soon discovered both industries – hand care and home gardening – were growth sectors, with a huge gap in the market for women who wanted to protect their nails while being active gardening.

**EP:** What gave you the courage to move forward with this idea?

**CH:** A lot of people don't move forward with an idea because they think, "Why would I come up with something so special and different? I'm sure that's already out there...how could I come up with something new?" All the founders of big companies all started with an idea, and if they didn't even research their idea, our world would not be the way it is today. It's about taking an idea and having the courage and belief in your abilities to try.

Being around entrepreneurs for the last 10 years, I've seen a lot of people have ideas that didn't go anywhere. We didn't act on the idea and create a company until we researched the market extremely well. And that's the huge difference between having an idea and actually doing something about it. There are intermediary steps.



We began to research and there really wasn't a glove that met our particular needs, specifically for women. The existing women's gloves were just downsized versions of men's gloves: they flopped around on your hand; the material was rough and coarse; it wasn't attractive. So why bother? We saw that the garden industry was growing in terms of the amount of people spending leisure time in the garden. That industry was growing 20% a year. And the nail and spa industry was also growing 20% a year. Who are the people that are growing both industries? It was the women that had put dollars into their hands and the women who had more leisure time. So we married the two and created a nail-protecting utility glove for women that can be used to protect hands in the garden and any DIY activity.

**EP:** How did you go about developing the glove?

**CH:** We had focus groups with women and with each prototype we received feedback. These were people that we knew who would give us honest insights. It took about nine months to go from inception to creation to going to market with a product we were satisfied with.

**EP:** You're a living testament that a great idea isn't enough. A lot of work needs to be done and not everyone has what it takes to launch themselves into this "baptism by fire."

**CH:** Ideas are a dime a dozen. Making a business successful is 5% having an idea, 95% acting on the idea. People often don't act because they're fearful of what that outcome would be. Taking action on your thoughts in business as well as life in general is the key to changing your path and changing the person you are.

**EP:** What was your experience on Dragons' Den?

**CH:** You're in competition with 2,000 people. You pitch in front of TV producers first and if they think you have any chops, they invite you to pitch the Dragons. You're there with 12 other "pitchers" and your stage time is about 45 minutes studio time. Everything is confidential. You're not allowed to reveal what happens on stage until your episode airs, which could be months and months later.

While I created the business, I was very quiet amongst my friends. I feared the label "entrepreneur" and feared the business would struggle. Over the course of the first 18 months I didn't want naysayers affecting my vision of what I wanted to become and was developing into. The night we aired on Dragons' Den, I invited a bunch of people over for a "party" and I announced that we had this successful venture. I was ready to reveal to the world I had shifted away from my corporate life to launch this new chapter. My friends were surprised and supportive.

**EP:** What did you learn from your experience with Kevin O'Leary?

**CH:** I learned how to be extremely focused and to multitask. Kevin has a gamut of things to draw his attention and focus is key. I also learned that business is business so any decision that you make is done without bringing in any drama.

**EP:** Let's say you go on a show like Dragons' Den or its US equivalent Shark Tank and Kevin O'Leary doesn't invest. What do you think would have happened with Dig It or with Claudia Harvey?

**CH:** Creating a business, striking out on my own, away from the shackles of a corporate job and appearing on Dragons' Den was a pivotal point in my life and business, but I realized that I had something to say beyond "I manufacture gloves with manicure protection." I was connecting with people about work-life balance, overcoming fear, overcoming trepidation, strategic thinking, how to start a company and balance your life. I started the business with the goal of finding a balance while raising my three children: a life lived on my terms. Creating Dig It gave me the freedom to find that balance. The Dig It tagline is "The Freedom to Dig Deep" and that encapsulates who I was and continue to be as I grow as a person.

---

Dig It Apparel  
2120 North Park Drive  
Suite 9  
Brampton, ON L6S0C9  
Contact: Claudia Harvey  
Phone: 1-888-789-9596  
Email: [info@digitapparel.com](mailto:info@digitapparel.com)  
Website: [www.digitapparel.com](http://www.digitapparel.com)  
Website: [www.claudiaharvey.com](http://www.claudiaharvey.com)



**Myrna Fischman**  
**Ph.D., CPA**

# Empowering Professionals Magazine

## Profile for

### **Myrna Fischman**

by Beatrice Maria Centeno

For Myrna Fischman, her love for the business work began at only fourteen years old, when her father first took her to his warm inviting office. Instantly Myrna was smitten by the allure of the business world besotted with the naiveness of a young girl and the sharp mind and willingness to learn and begin a future that would take her decades into remarkable success and achievement that would perpetually shape a generation of aspiring women.

What captivated Myrna further was the camaraderie among the co-workers and their staunch ability to work cohesively with each other. From that day on Myrna decided she wanted to get a job and immerse herself in her fondness for numbers and love of reading. She began working as a bookkeeper for a small company and it was the beginning of an esteemed career that taught her the value and love of work that innately instilled in her and encouraged by her hard working, inspiring parents, co workers, and bosses that would exemplify glorious leadership and outstanding work ethics.

With her love of business and profound penchant for math Myrna Fischman's exceptional career as retired licensed CPA and Professor at the Brooklyn campus of Long Island University was a perfect match for her quick witted math skills and talent for engaging others and love for education.

A recipient of a number of prestigious awards including a 2014 Department of the Treasury Award from the IRS, a 1997 Special Director's Award in Recognition of 40 Years of Service in the Volunteers in Technical Service Program, and most recently a Distinguished Worldwide Humanitarian Award, Myrna's star quality is resolute.

**“As a young girl I learned more about business working in the office then I would have learned in the classroom....” Myrna Fischman**

Myrna's career is a testament to her wonderful parents and all the good people she was fortunate to meet along the way. Her parents were not only

supportive of their daughter's decision, they wholeheartedly encouraged her growth and determination to start working as a bookkeeper when she just a young teen. Work was fun, it was a learning experience, another way to learn the ropes.

**“When you love what you do and wear a smile on your face you will always inspire others.”**

Throughout her work Myrna worked in different fields including publishing, importing, jewelry, and the music industry. Each office job was a gift to her, another magnificent learning experience and a way to further develop and enhance her business skills. This was part of her rare gift and insight, to embrace opportunities that would open the doors to her marvelous future and bright intellect.

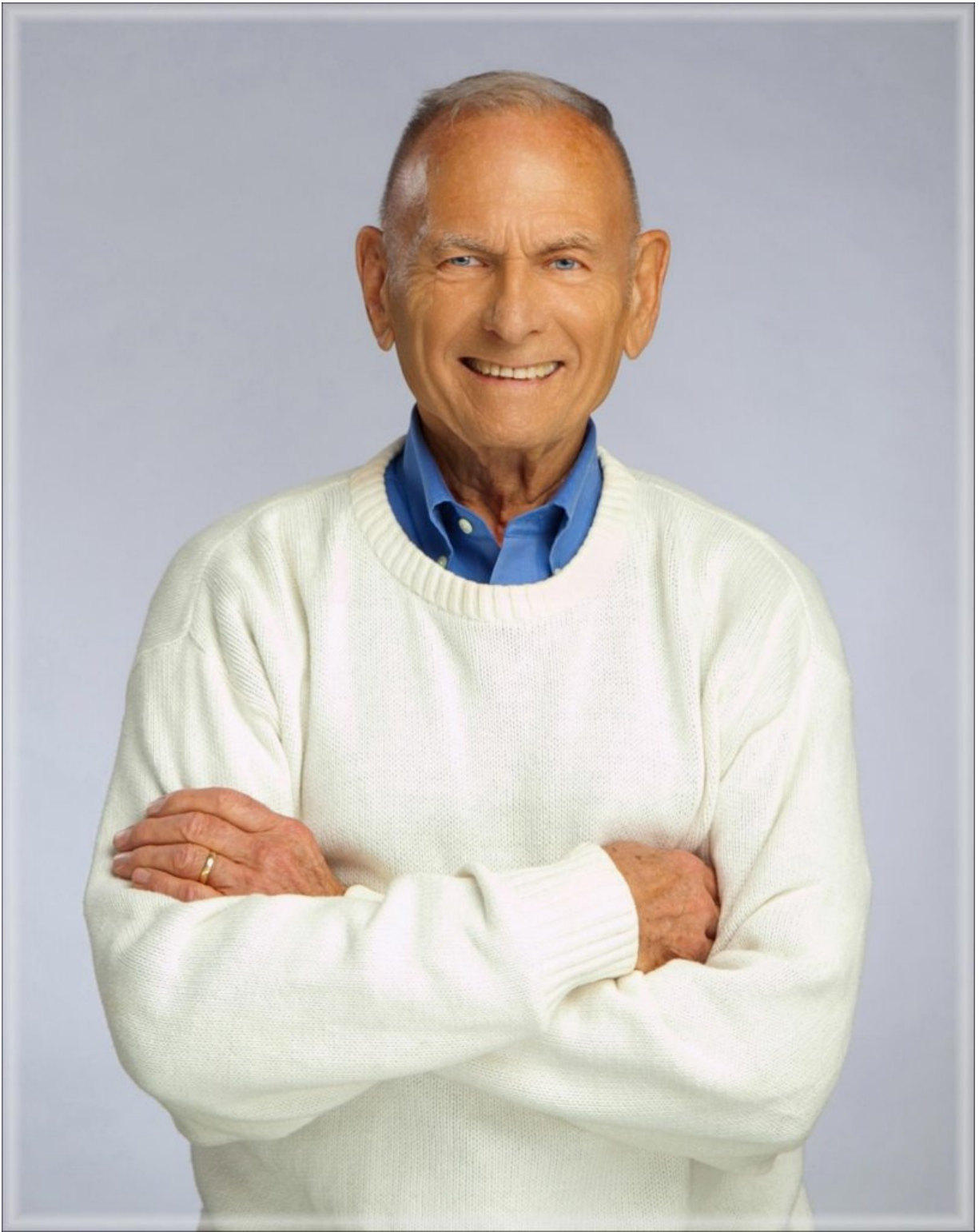
**When we do the best that we can, we never know what miracle is wrought in our life, or in the life of another. Helen Keller**

With determination, high spirits, and cheerful disposition Myrna faced the world of work with such positivity it was infectious. She flourished under the kind hearted mentors she was lucky enough to meet that would take her under their wing and teach her the ropes. Perhaps it was these special people that prompted and urged Myrna to appreciate the value of working.

Her advice to individuals is quite logical. Recognize the courses you enjoy most when you are in school and stick to those courses when you are searching for a career. It's critical not to focus your career on where you would make the most money but where you find true happiness and the money will come. When you work with a smile on your face and joy in your heart and soul and see work as a fun time like Myrna has, you too will reap the rewards of a career you can always reap the rewards of a life well led.

**“Don't follow the crowd, let the crowd follow you” Margaret Thatcher**

Myrna L. Fischman Ph.D., is an esteemed Professor, Chairman of the Department of Accounting, Taxation and Law at Long Island University's Brooklyn Campus and licensed CPA. Myrna L. Fischman, Ph.D., CPA has been chair of the Department of Accounting, Taxation & Law at the Brooklyn Campus of Long Island University.



**Dr. Norm Shealy**

C. Norman Shealy, M.D., Ph.D.  
Founder and CEO, International  
Institute of Holistic Medicine  
Co-founder, American Board of  
Scientific Medical Intuition



While the science of medicine is indispensable to the physician, it is the art of practicing medicine that heals the human body and soul. 50 years ago, Dr. C. Norman Shealy resolved to restore the soul and spirit to modern medicine through a forward-thinking, holistic approach.

Today, Dr. Shealy is the world's leading expert on natural chronic pain relief solutions. The first physician to specialize in the resolution of chronic pain and the founder of the International Institute of Holistic Medicine, Dr. Shealy is a pioneer in developing safe, effective treatments for natural chronic pain relief.

Dr. Shealy's philosophy has served as the foundation for pain management therapies used worldwide, and his program remains a pillar of chronic pain treatment and management to this day. He is credited with the development of the dorsal column stimulator, which uses small electrical currents to adjust the electromagnetic fields within the spine. The breakthroughs generated by the dorsal column

stimulator contributed directly to the development and patenting of the TENS system of electrical stimulation. This now patented system for curing chronic pain is still used by traditional and non-traditional practitioners in nearly every specialty today.

Many of Dr. Shealy's patients suffer from anxiety and depression associated with their chronic pain. Shealy Wellness is the world's foremost holistic clinic, dedicated to optimizing patients' nutrition, biochemistry, strength, endurance, mental peace and spiritual attunement. With its comprehensive holistic approach, Shealy Wellness boasts an 85-percent success rate, which means patients have markedly improved or no longer require drugs.

Now 85 years old, Dr. Shealy remains among the world's most forward-thinking physicians. Empowering Professionals recently spoke to Dr. Shealy about his remarkable career in medicine.

**Empowering Professionals:** How would you describe your career as a physician?

Dr. Shealy: I've been on a lifelong quest to find ways to successfully manage chronic pain long term without the use of narcotic medications, treating patients who had been otherwise untreatable. I believe deeply in the benefits of complementary and integrative medicine and their ability to address these issues.

**EP:** Why do you think people are unhealthy?

Dr. Shealy: Between our diet, our exercise habits, our work habits, our sleep habits, only 2.7% of Americans follow the most basic, essential health habits. If we simply adopted these habits, within 25 years, average life expectancy would be 100 years.

**EP:** What does holistic medicine mean to you?

Dr. Shealy: I have always taken a more common sense, humane approach to medicine. It's all about safety. Any treatment that I provide, I have to know beyond any reasonable doubt that it is safe. A holistic approach to pain has been my focus for many, many years, and I have treated well over 30,000 patients who have been failed by conventional medicine.

**EP:** What inspired you take this approach?

Dr. Shealy: Conventional medicine excels in acute illness and emergency medicine, but its approaches to chronic disease remain woefully inadequate. As early as 1971, I recognized that I personally would not

want to see any physician that I knew if I had a chronic disease. I was seeing patients from all over the world who were so damaged by multiple surgeries and drugs that they were no longer candidates for anything conventional medicine had to offer.

**EP:** You are known throughout the world for your innovative contributions to medicine, not just for physical pain, but also emotional pain. One such innovation is Biogenics. What is Biogenics?

Dr. Shealy: Biogenics is a system for retraining the entire nervous system and body to control pain and achieve emotional balance. It is a total mental, physical retraining experience. We teach the body and mind how to gain control of all sensations and how to control our bodies. Then we do insight exercises to gain control over anger, guilt, anxiety and depression. Because it's always unfinished anger, depression, anxiety and occasionally guilt that causes all the other problems. It teaches patients how to detach from those feelings through self-control and self-regulation.

**EP:** What do you mean by detachment?

Dr. Shealy: I don't let myself get upset over things that I cannot change. In order to relax, we need to learn to have total control over what's happening inside our body. That's what Biogenics teaches: how to live in present time. The techniques include learning to breathe through the skin, circulating the electrical energy and expanding the electromagnetic energy field around your body.

**EP:** What are the applications for Biogenics?

Dr. Shealy: Anxiety and depression, of course. We need to learn to control our hang-ups, our anger, guilt, anxiety, depression. Everything is a result of a fear. Fear makes you anxious, and anxiety can make you depressed if it becomes more than you can handle. There's only one solution: detach. Detaching from those things you cannot change.

We're currently developing a program to teach nurses, counselors and psychologists how to use Biogenics for health enhancement.

**EP:** What is the future of the Shealy Wellness clinic?

Dr. Shealy: I have recently appointed Dr. Sergey Sorin to be the new Chief Executive Officer and Medical Director for the International Institute of Holistic Medicine.

I spent 40 years searching for the right physician and Sergey is my soul brother. I've trained him in the philosophy that I've developed, and I know I can trust him with my legacy.

We recently completed work on two major new therapies, Sapphire enhanced Scalar which reduces biochemical stress factors better than anything known before, and Chakra-Sweep Pulsed Electromagnetic Field Therapy, which provides excellent pain relief. It also induces Gamma brain activity, which is currently being investigated for control of addiction. I consider it to be potentially the most important discovery of my life.

**EP:** You're always working on something new and exciting.

Dr. Shealy: Never a dull moment. I'm more passionate than ever to be a good physician. There's only one purpose in life: to help people. My goal has always been to help people make their lives better.

---

C. Norman Shealy, M.D., Ph.D.  
Founder and CEO, International Institute of Holistic Medicine  
Co-founder, American Board of Scientific Medical Intuition  
Editor, Journal of Comprehensive Integrative Medicine  
Tiwehkt, Native American Church of Nemenhah  
President, Holos Energy Medicine Education  
Professor Emeritus, of Energy Medicine, Holos University Graduate Seminary  
<http://www.normshealy.com>  
<http://www.holosenergymedicineeducation.com>  
<http://www.holosuniversity.org>Add a little bit of body text



Anghel Bucur  
Artist, Sculptor

# Empowering Professionals Magazine

## Profile for Anghel Bucur



As far back as he can remember, Romanian born and bred Anghel Bucur epitomized artistic genius when at four years old he was spellbound by the unique form of an egg. Enchanted by its inimitable shape, it literally awakened his creative genius genuinely evoking his unparalleled artistry. It was Anghel's self-effacing, guileless appreciation of form that has steadfastly remained within him throughout his life time, inspiring the ingenuity of his magnificent, eye-catching sculptures.

Mastering his creations out of marble, stone, wood, bronze, clay, marble, and platinum Anghel's style may appear effortless but his use of form is unrivaled in the universe, onerous to replicate, marking him a genius in his time in the field of figurative expressionist technique.

Three of his masterpieces have been created out of burl wood entitled Dream, Harmony, and Magnific. His sought-after sculptures indeed appear life like and his numerous admirers appreciate his exceptional form and how his mastery is reflected in the dexterity of his sculptures with natural skill and technique that is astonishingly one of a kind, his vision utterly flawless.

Moreover, it is easy to recognize how in every one of his innovative creations and his impeccable attention to detail is reflected in his own distinctive style of expression and how perfectly he emits his own noble individuality.

As a true technical artistic visionary, a far-reaching thinker, Anghel defines his art as embodying peace, love, and joy. His sculptures personify love, passion and compassion, and the selfless pursuit of justice that stands out so endearingly in a chaotic, muddled, despairing world capturing his idealistic musings and boundless reverie where "love is more important than war."

The essence of Mr. Bucur's work isn't a pretentious attempt at ostentatiousness but symbolizes all of his idealism and hope for the future where countless people can find blissful happiness through art. In his unassuming quest for peace and harmony within a phlegmatic world where so much cruelty is rampant, Anghel soulfully expresses perceptiveness in his amorous soul validating through his emblematic sculptures the essence of purity, loveliness, longevity, and ultimately immortality.

In short, the true declaration of Anghel's magnificent work is to leave something meaningful behind that will perpetually touch generations for all eternity. For him nothing can be more poignant, significant, and evocative. Resolute in his assertion that great artists are born not taught, like Mozart and Celine Dion, he's joyful that he is able to provide the gift of his one of a kind art that are as inspiring as they are timeless.

**"Great artists cannot be taught they are born to greatness" Anghel Bucur**





“ In art, the hand can never execute anything higher than the heart can imagine.” Ralph Waldo Emerson

“The artist enriches the soul of humanity. The artist delights people with a thousand different shades of feeling.” Auguste Rodin

## Q&A

**Who is your favorite role model living or dead?**

“My favorite model is Rodin for who I have an infinite respect, but it means I do not want to be like him since I have my own style.”

**What does art mean to you and what do your sculptures represent?**

“Art represents the civilization in time and my sculptures represent love, justice and passion.”

**What makes you smile?**

“When people have a positive mind.”

**What style do your sculptures represent?**

“ I wish to represent my own style .”

**How does your sculptures inspire the world?**

“I would like my sculptures to inspire the world concerning respect, dignity, justice and love.”



**Barbara Anne Rose**  
*Spiritual Healer*



Barbara Anne Rose  
Spiritual & Emotional Healing  
Author Healer Mentor Coach



Through her life altering work as a top – quality life and relationship coach, motivational speaker, published author, and licensed massage therapist, Barbara Anne Rose’s focus is on assisting people’s lives for transformation by enlightening them to Spiritually and emotionally heal. As a survivor of sexual, mental, fiscal, and emotional abuse, along with her incredible Spiritual strength, Barbara can help others see clearer the hows and whys these types of abuse manifest. And then help you conquer them using her own life story as an example.

Many of her clients think of her, and her work, as a form of ministry but without the dogma of religion. Miss Rose states, “I won’t let my ministry of spiritual healing be encapsulated by anyone living in the traditional world.” Her ideal clients are men, women, and couples who seek to both heal and evolve Spiritually. She has termed her work: Holistic Spiritual Reconstruction. HSR for short. It is a merge of the Spirit and the physical united as ONE. In her Holistic Spiritual Reconstruction she teaches us how to have a Higher Self Awareness of our bodies, our minds, of Spirit, our Spirit, in order to change our lives. Depending upon her clients level of open mindedness, willingness and commitment, will determine the length of time to learn, grow, and change. Barbara helps people create a new Spiritual

perspective using her touch and counsel. Her ministry is an oasis for those who seek an experience that goes beyond the traditional physical sensation. In her 2012 book titled: “Angel Works: Soaring From Abuse to Love, Forgiveness and Enlightenment,” Barbara candidly shares the extreme sexual abuse she suffered at the hands of her father from the tender ages of three to five, her struggles with an eating disorder during her teen and adult years, to her marriage to a narcissist. She provides her readers tools they can use that will give them freedom from their own troubles. She writes, in-depth, specific exercises her readers can do for this Angel Works offers the reader comprehensive insight on how to help themselves through Barbara’s own inspiring path of love, acceptance, and forgiveness. No matter what adversity and obstacles a human being faces they can regain strength from within, ultimately liberating themselves from pain and trauma. Forgiving her father before his passing in 2010 was life altering. Angel Works guides the reader to the path Barbara took in healing to forgive, to understand, and to help make yourself feel the joy, happiness, and magnificence that’s within everyone.

.“Doing things the way you see it, going by your own heart and soul, that is pure artistic integrity.” Lars Ullrich from Metallica

One of Barbara’s life defining moments was at the age of two prior to the sexual abuse that occurred when she had a visit from a Cosmic Being letting her know her purpose would be to help humanity in a monumental way using her own life as an example. Redemption would come through tough times and would be a testament to the power of her own inner strength. She talks about energy, her Spiritual gifts, her dreams, the how and what she did to manifest them. In her book she writes how she thought she was backwards. It wasn’t until decades later in her late thirties and forties, that she realized she wasn’t backwards, but it was that she remained firmly strong in her focus to the Divine. So it may surprise others when what she teaches; speaks about, is from a different, higher, wider, broader perspective. Angel Works provides true life lessons genuinely explaining how facing fears is liberating and forgiving, freeing to every part of one’s being. And that nobody can do that but us. But with the little help from a friend, such as Barbara Anne Rose, she can help others become free as well.

Since writing her book, Miss Rose has encountered and experienced numerous additional ways in which she feels, sees, hears; senses energy. Whether the energy is from a client who arrives to her in dream state before the physical, to clients, friends and family that experience her Angelic comforting and protecting energy, to experiencing out of body on earth and out of body in another (perhaps) realm or dimension, to feeling the separate yet together of her own individualized Spirit. In addition she has also combatted dark forces through commands. "My growth as a human (open hearted) has allowed me to learn and acknowledge that much more, about not just my Spirit, but the Spiritual world. In and through this growing and changing, my Ascension path, has given me the strength to know how to state my commands so that a dark force will leave," Says Barbara.

Committed and determined to come to the aid of others in need, Barbara became a life relationship coach combining her extraordinary gifts as a bodyworker, writer, speaker, and healer. Coaching men, women, and couples on how to honor, love, and respect one another by learning about one's own energy is a critical component to understanding our own inner being as well as our partners. This includes not just about the way in which we communicate, but about our sensuality and sexuality. In order for couples to see, hear and feel more from each other requires physically slowing down, attuning to self before we can become more in tune with another. Barbara is able to help others in this way because she has always been in touch with her body, the Spirit energy living in her body. She is familiar with the body because she has successfully competed in several bodybuilding, swimsuit, beauty, and figure competitions. As a past personal trainer and nutritional consultant, she worked with countless men and women when she was the Director of Fitness with Greenhouse Intl. She trained, managed, and oversaw all aspects of the east coast Bean Infomercial.

Barbara is able to connect with all races, ethnicities and cultures to share her extraordinary gifts.

**"Ecstasy is characterized by extreme peace, tranquility, tension-free state, a loss of ego boundaries and an absolute sense of oneness with nature, with the cosmic order and with God" by Stanislav Grof**

With openness in her heart, Miss Rose didn't give up on following her God given path. Although she believes receiving Spiritual healing from a Spiritual Healer gives one tremendous growth for healing to take place, she does not contest that receiving therapy from a clinical therapist can provide healing to one's soul as well. "Seeking therapy is critical if you have been the victim of abuse", something Barbara can't emphasize enough. "If someone is being sexually abused in any way, shape or form, it's vital to seek therapy and support."

Due in part to her husband's narcissistic ways, he bounced her around like a bowling ball to several clinical therapists. However, in hindsight, Barbara now sees that she did in fact self-consciously make the choice to accept what each therapist taught her. She had gained self-awareness about what each therapist instilled in her and embraced the fact that professional help was part of her own healing. It gave her the strength to stand up to her husband on that fateful day, April 26, 2001, when the separation occurred. She recalls that day very well. As she stood outside the front door of their home, she took a deep breath (or two, or three ;)), went inside herself, and prayed to God to give her peace and calm before entering, for she was about to stand tall, to speak up for herself as a woman, as a mother, and as a wife, concerning why her husband took the children out of school early that day and didn't inform her. He had been acting very strange for weeks. Little did she know it would backfire! In 2007, six years after this separation, she started working with men. Throughout the course of working with them she recognized that they too experienced real emotional pain. And surprise to her, not all were evil. It is then that she had a sincere desire to help them. Even when the two main men in her life hurt her so deeply, she knew there was a Spiritual reason behind it all. "Don't be afraid to stand up for your right and let people know the abuse is happening to you. Don't ever let it make you feel powerless."

**"Playing Victim and claiming Victory is a choice. Which one are you choosing?" Barbara Anne Rose**

Writing her book was her calling to advocate Spiritual Awakening and healing for those who feel called to receive such in their lives. It's all about energy. EVERYTHING IS ENERGY. EVERYTHING has a component of energy to it; good, bad, indifferent, high, low, or anywhere in between.

Barbara says we need to understand that because everything is energy; our thoughts, words, actions, and reactions carry an energy component of it. With her expertise in the knowledge of energy, she is able to help individuals and couples understand more of not just who they are but what it is they are doing, or not doing, saying or not saying, and even to what they consume because the energetic value plays a part of an activation in their lives. She actively teaches that this world of energy is within and around them perpetually at all times.

Barbara teaches no matter what burdens develop for every human being there is Spiritual healing available to them, waiting for them at their call. Spiritual and emotional healing helps in all parts of our lives. Because the human race has the tendency to get caught up in everything external, including our emotions, (especially the unhealthy ones), they will inexplicably think in a destructive or less constructive way. But the emotional part is still an energy, leaving an energetic imprint into/onto every atom and cell in the body. Barbara has innocent perception. She is not afraid to be vulnerable when she writes, when she speaks, nor in sessions with her clients. It gives them a sense of comfort, of safety, because Barbara isn't afraid to say, "It's okay. I know. I've been there too. I'm not perfect either. I too have my ups and downs." And then she can describe a situation where she experienced the same or similar feeling and what she did to help herself move from a negative thought to a positive one.

Because Barbara is deeply Spiritual and professional in the way she operates, has awareness of the spiritual world, but recognizes that many people operate in the physical world, she is able to expertly merge the two together to help people gain understanding of the world they live in microcosmically and macrocosmically. "It's just how I work and always will. That's the thing about ALL OF WHAT I DO. All the many ways in which I am capable of helping others."

**"Total truth is necessary. You must live by what you say." Maharaj-ji**

"I was the child that was literally scared to death to even say one word and now here I am wanting to speak to the world," Miss Rose explains. Hoping to ensure others and spread her message, Barbara is actively involved in continuing to serve and

empower others. Her strongest focus and source of inspiration come from Spirit, from God, and from her own mighty Spirit. She wants to help change the world by speaking to others, teaching them to not have fear about Standing Up and Speaking Up for their rights, in a constructive way. To not one more day, allow another to attempt to control, manipulate or abuse them.

Barbara's top affiliations include American Institute of Holistic Health and Wellness, Strathmore's Whos Who Worldwide, Universal Publications, and the Lightarian Institute. She has participated in many speaking engagements including for Ray of Hope at Conowingo Elementary School, Christian Love Worship Center in Philadelphia, Bethany Baptist Church in Lindenwold NJ, and Dade Behring. Barbara has done an extensive amount of public appearances including Hay House Radio interviews and I CAN DO IT book signings, WDELL 1150 am Spiritual Guide and radio interviews, local book signings, and was recognized by CUTV News as Empowered Woman for the month of March in 2017. She is the proud mother of three grown children. Barbara plans to continue to engage in powerful speaking engagements in order to spread awareness about Spirituality, the energy behind all of who we are and what we do.

## Q&A

**Q: What advice would you give women that are in an abusive relationship?**

A; Make plans on getting out as soon as feasibly possible, but the smart intelligent way. Seek council on how to best do this according to your situation. Everyone's is different so it is important to ask for help from those who specialize in domestic and sexual abuse.

**Q: Do you have any role models?**

A; Yes, and this may surprise many, if not all, readers. I am going to say my ex-husband and father. Even amongst the horror I went through with the two most important men in my life, they both served as great teachers. For it truly is in our most difficult times, we are taught hard lessons so that we can grow.

The reason I have chosen my ex-husband and father as my role models is because they both do have great strengths. My father taught me to not give up as it pertained to me getting my first job. I talk about this in my book, *Angel Works*. Whenever he decided to do something, he did it. He learned everything he could so that he would succeed. He did this when he taught safe boating classes, (BTW he did not know how to swim) and when he bought a motorcycle and had to learn how to operate it. He was in his 60's when he bought his first bike. He taught me to never put all your eggs in one basket. This pertained to making money and saving money. He was also a genius in math. I chose my ex-husband because I learned a lot about business during our time as Amway distributors. This helped set me up for when the time came I was to have my own business. I actively took part when I taught others about the products, when I called in our and our downlines' orders, when I went out and hosted makeup and skincare parties. I enjoyed this very much.

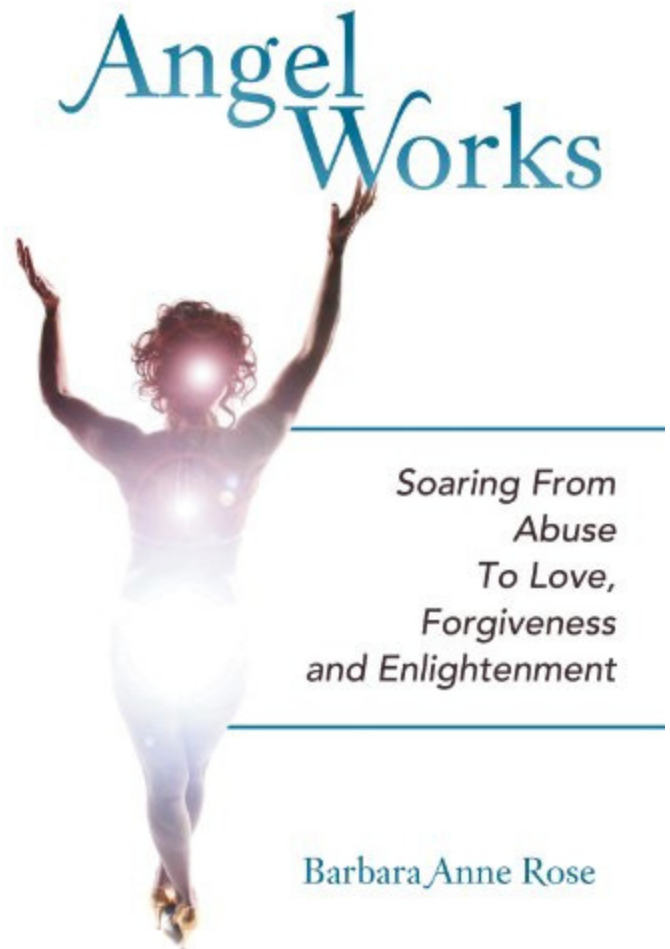
**Q: What is one of your greatest accomplishments?**

A: Purchasing my first home in 2010. When I was married as a stay at home mom I didn't have money of my own until I worked part time using that money for a gym membership and products to support me when I began competing in amateur bodybuilding. When we separated I had but a few hundred dollars to my name. I lived with my parents for five years saving up every bit of money I could. I worked four part time jobs. I felt like giving up at the three year mark, but God helped me for another two years before I was able to move out and rent a 1600 sq. ft townhouse. In 2010 I was able to purchase my first home, which I currently reside.

**Q: Can you share a success story?**

A: In 2017 when I was preparing for filming a televised show, I asked several of my clients for feedback about how or what I have done with them, wether it be coaching or massage, that helped them in their life. I was delightfully surprised what I heard in return. One of the stories that stands out I would like to share, is about a middle aged male I had been working with since 2009. He's a very successful business man in the corpoarte world who worked with banks. He had over 200 employees. When I asked him the question, his response blew me away

I had no idea I was making that kind of impact on him. He was telling me he was a changed man, a better man, because of me. He had started asking himself questions about himself. He used to be that guy, that business man, who cared more about himself and his money than bothering to be kind towards his employees. He now cares for all of his employees. He has even taken the time to learn who they are, if they have children or not. He takes time to get to know them on a personal level. One of his employees has an opiate addiction. The old him wouldn't have cared and would have had no problem firing them, not giving them a second chance. The new him offered to help them get rehab and counseling. He also donates food and his clothing to a local homeless shelter. He told me, "Thank you for making me a better man."



**Empowering Professionals**

**EPMAG.BIZ**

**[INFO@EPMAG.BIZ](mailto:INFO@EPMAG.BIZ)**

**(631) 850-3314**



**If you're interested in reaping the results of digital magazine publishing,  
[contact us for more information.](#)**