



A BLOG BY PACIFIC COLLEGE

It's the Friday Wrap-Up!

OM in the news this week. Check it out!

- [Breast Cancer Boot Camp](#) / on KOGO 600 AM. Pacific College Alumna and Breast Thermographer Wendy Sellens, LAc, speaks on KOGO radio about soy and estrogens leading to increased risk of breast cancer.
- [How Yoga Can Improve Your Health](#) / from Fox News. A recent study showed how yoga can lower blood pressure and help with other health conditions as well. Check it out!
- [7 Ways to Kick it Acupuncture Style This Summer](#) / from AcuTakeHealth.com. Check out these tips and also see our article on [Embracing Summer's Fire Element For Your Health](#).
- [12 Foods to Fight Inflammation](#) / from Mind, Body, Green. Inflammation, in OM, can lead to all sorts of diseases, but food is our greatest medicine! Check out these foods (and they're all yummy!) to work into your diet.

TAGS [yoga](#) [breast cancer](#) [KOGO](#) [pcom](#) [pacific college](#) [OM](#) [oriental medicine](#) [tcm](#)
[wendy sellens](#) [blood pressure](#) [summer](#) [acupuncture](#) [fire](#) [5 elements](#) [diet](#)
[inflammation](#) [mindbodygreen](#)

🕒 4 DAYS AGO 💬 0 COMMENTS AND 0 REACTIONS ❤️ 2 NOTES

