

# Dr. Carly Hudson leading a Healing Ground Movement for Wellness

## In this Episode:

- Carly's inspiring story before becoming a successful chiropractor and her journey to the world of wellness
- The difference between lifestyle medicine and self-care
- The non-negotiable foundation of daily self-care and its importance
- The impact of being in a safe community and how it helps people heal & recover

As an infant, Dr. Carly suffered a devastating and life-threatening illness. She was left with "invisible handicaps" including balance disorders, muscle spasticity, and hearing loss. She had to begin again to learn how her body worked and so began her path of life-long learning and healing.

With the gift of this injury, Dr. Carly has spent her life exploring how deliberate self-care impacts our mind, body, and spirit. Now a successful chiropractor with additional certification in massage, yoga, and exercise therapy, Dr. Carly helps hundreds of patients recover from injuries, illness, and chronic pain. Join the Healing Ground Movement to explore your body's natural ability to heal itself.

## Quotes from this Episode:

"It's the little things that we do every day that can really shift our wellness." — Dr. Carly Hudson

"SELF CARE- you deserve it. It's not just a bubble bath at the end of the week, and if you're waiting for that, you've already missed the boat." — Dr. Carly Hudson

"Your symptoms and concerns are valid enough for you to be worth it." — Dr. Carly Hudson

"The fact that you're breathing means you're worth it." — Dr. Carly Hudson

"Self-care is non-negotiable, but it doesn't mean that you have to nail it every single day." — Dr. Carly Hudson

## 3 Pearls of Wisdom:

"You are worth it."

## Resources:

### Dr. Carly Hudson Leading A Healing Ground Movement for Wellness

**Website:** <https://www.healinggroundmovement.com/>

**Facebook:** <https://www.facebook.com/hgmovementpod>

**Instagram:** <https://www.instagram.com/healinggroundmovement/>

**LinkedIn:** <https://www.linkedin.com/in/dr-carly-hudson-d-c-04712920/>

**Podcast:** <https://www.healinggroundmovement.com/podcast>

**Local clinic located in Denver:** Healing Ground Chiropractor Care (Denver)

Link to the show: <https://www.kamiguildner.com/ewr-dr-carly-hudson-194/>

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