

MEDIA & PRESS

Official Bio

Warren L. Cargal, M. A., L. Ac. is a licensed acupuncturist and herbalist. He has practiced Chinese medicine for over 20 years in infertility and chronic disease conditions and has helped hundreds of men and women. He maintains an active clinic practice in Atlanta Ga.

Warren attended the Jung Tao School of Classical Chinese Medicine. He has a Master in Transpersonal Psychology and he completed a four year training in body-orientated psychotherapy at the Core Energetic Institute. He has spent hundreds of post-graduate hours in Chinese herbology, nutrition and endocrine education.

Warren is the author of two books: "Your Mitochondria: Key to Health and Longevity". The book provides a deep dive into the relationship between mitochondrial health and cardiovascular diseases; cardiometabolic syndrome; neurodegenerative diseases; arthritis; cancer; and the aging effects on the skin, eyes, and muscles.

"The Reality We Create The Influence of Beliefs And Consciousness on Our Health And Longevity" is a hands-on guide that will help you to become more present and aware of your thought patterns and beliefs which can actually change many of the factors of health in your body.

Both books are available on Amazon.