

The Dr. Karin Show Episodes—Season 1

1. Spirituality in the Home
-GUEST: Meghan Klein Toups
2. The Women of S.H.E pt. 1
-GUESTS: Ena Love, Michelle Hodgson, Kysha Cameron
3. The Women of S.H.E pt. 2
-GUESTS: Ena Love, Michelle Hodgson, Kysha Cameron
4. Spiritual Capital with Joey Reiman
-GUEST: Joey Reiman
5. Mindful Eating with Meghan Klein Toups
-GUEST: Meghan Klein Toups
6. Spirituality in Business
-GUEST: Scott Koloms
7. Opening Doors to the Mind and Spirit
-Guest: Lisa “TheX” Bausley-Williams
8. Real Talk with Doctor Karin
-FACEBOOK LIVE
9. Transformations of Women
-GUEST: Shelley Ruggiano
10. How to Boost Your Resilience
-FACEBOOK LIVE
11. True Mindfulness with Alex Kip
-GUEST: Alex Kip VIA Skype, FACEBOOK LIVE
12. Sacred Spaces with Naomi Mann
-GUEST: Naomi Mann
13. Not Going Small with Danielle Mercurio
-GUEST: Danielle Mercurio VIA Skype
14. How to Keep Your Inner Peace
-FACEBOOK LIVE
15. Setting the Table with Love
-GUEST: Lisa Washington
16. Transcending Shame with Kate Eckman
-GUEST: Kate Eckman VIA Zoom
17. How to Connect with Your Guides and Angels
-FACEBOOK LIVE
18. My Story
19. Soul Centered Therapy
-GUEST: Heather Regan VIA Zoom
20. Notes on Nature

THEME: Uplifting Pop by MonoG (AudioJungle #19405609)

MAIN FONTS:

- Show Title: **UNKNOWN**
- Show Tagline: **UNKNOWN**
- Guest Title: TeX Gyre Schola (regular)
- Guest Subtitle: TeX Gyre Schola (italic)

CREDITS:

- Dr. Karin Luise—HOST
- Jesse Grainger—PRODUCER/EDITOR

S1 E1 The Dr. Karin Show—Spirituality in the Home
-Aired: Wednesday, 3/1/17

Join Dr. Karin for her first episode! Dr. Karin sits down with Meghan Klein Touns, LPC to discuss the necessities of bringing spirituality and presence of mind with you into your day-to-day life.

For classes, events, and more info, visit Dr. Karin at www.doctorkarin.com
Check out Meghan at www.meghantouns.com and www.mergeintohealth.com

TAGS: spirituality, wholeness living, holistic, parenting, childcare, health, fitness, family

RUNTIME: 24 minutes

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S1 E2 The Dr. Karin Show—The Women of S.H.E pt. 1
-Aired: Friday, 3/10/17

Dr. Karin Luise sits down with three entrepreneurs/mothers/sisters in spirit to discuss their new project, Spiritual Healing Energy (S.H.E)—an Atlanta organization dedicated to bringing women of all backgrounds, faiths, and cultures together to share in a mutual spirituality. Join them for a empowering conversation on sisterhood, love, and rediscovering the common ground all women share.

Join the Women of S.H.E for a gathering at Park Tavern Atlanta on April 19, 2017.
Tickets available at www.eventbrite.com

For more on Dr. Karin and her guests, visit the following websites:

Dr. Karin: www.doctorkarin.com

Kysha Cameron: www.honoringhue.com

Michelle Hodgson: www.chcatlanta.org

Ena Love: www.somethingaboutlove.org

TAGS: S.H.E, sisterhood, spirituality, atlanta, motherhood, drkarinshow, entrepreneur, love, friendship

RUNTIME: 32 minutes

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S1 E3 The Dr. Karin Show—The Women of S.H.E pt. 2

-Aired: Friday, 3/17/17

Karin continues her conversation with Kysha, Michelle, and Ena about their spiritual group dedicated to empowering women and forming bonds of sisterhood.

Join the Women of S.H.E for a gathering at Park Tavern Atlanta on April 19, 2017.

Tickets available at evenbrite.com

For more on Dr. Karin and her guests, visit the following websites:

Dr. Karin: www.doctorkarin.com

Kysha Cameron: www.honoringhue.com

Michelle Hodgson: www.chatlanta.org

Ena Love: www.somethingaboutlove.org

TAGS: sisterhood, atlanta, S.H.E, spirituality, motherhood, drkarinshow, friendship, entrepreneur, parktavernatlanta, love

RUNTIME: 38 minutes

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S1 E4 The Dr. Karin Show—Spiritual Capital with Joey Reiman

-Aired: Friday, 3/24/17

Author, Businessman, and Spiritual Thinker Joey Reiman sits down with Dr. Karin to discuss his secrets to success in business and life, and how his own spiritual awakening granted him greater mindfulness and compassion.

TAGS: entrepreneur, drkarin, business, spirituality, joey, joeyreiman, Karin, reiman, self, improvement, Doctor

Find Joey at www.joeyreiman.com

Visit Karin at www.doctorkarin.com

RUNTIME: 45 minutes

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S1 E5 The Dr. Karin Show—Mindful Eating with Meghan Klein Toups

-Aired: Friday, 3/31/17

Dr. Karin sits down once again with Meghan Klein Toups, LPC to discuss how bringing mindfulness to your eating and snacking makes for a better, healthier life.

Meghan also shares a quick, easy, and healthy recipe for an energy boost when you or your kids are on the go.

Visit Meghan at www.meghantoups.com and www.mergeintohealth.com

Find Dr. Karin at www.doctorkarin.com

TAGS: family, health, mindfulness, wellness, diet, recipe, meghan, klein, eating, Karin, DrKarin, toups

RUNTIME: 32 minutes

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S1 E6 The Dr. Karin Show—Spirituality in Business

-Aired: Friday, 4/7/17

Dr. Karin talks with Scott Koloms, President of Facilities Management, Inc. about bringing nonreligious-specific spirituality and mindfulness to businesses and corporate life, and how it can improve more than just a company's morale.

TAGS: spirituality, business, mindfulness, doctor, karin, drkarin, success

RUNTIME: 53 minutes

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S1 E7 The Dr. Karin Show—Opening Doors to the Mind and Spirit

-Aired: Friday, 4/14/17

Dr. Karin sits down with Atlanta medium, Lisa Thex to discuss the breaking down of mental barriers and preconceptions of different modes of spirituality that keep us from tapping into our own intuitive abilities and achieving enlightenment. Karin shares her own story of awakening from a strict dogma to a greater spiritual openness and understanding.

Find Lisa Thex at www.lisathex.com

Visit Karin at www.doctorkarin.com

crystals, reiki, medium, channeling, psychic, awakening, drkarin, enlightenment, thex

RUNTIME: 59 minutes

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S1 E8 The Dr. Karin Show—Real Talk with Doctor Karin

-Aired: Friday, 4/21/17

Dr. Karin goes live on FaceBook to open up about recent obstacles in her own life that have pushed her to refocus and reconsider her approach to living in happiness and truth.

Catch Karin live on her FaceBook page!

<https://www.facebook.com/DrKarin>

Visit Karin's website at www.doctorkarin.com

TAGS: doctor, karin, drkarin, breakup, friendship, divorce, love, happiness

RUNTIME: 21 minutes

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S1 E9 The Dr. Karin Show—Transformations of Women

-Aired: Friday, 4/28/17

Karin talks with gyrotonics instructor and close friend Shelly Ruggiano about transitions women make in careers, motherhood, spirituality, and in other avenues of life.

Visit Dr. Karin at www.doctorkarin.com

TAGS: drkarin, pilates, motherhood, gyrotonics, womanhood, spirituality, Shelley Ruggiano

RUNTIME: 42 minutes

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S1 E10 The Dr. Karin Show—How to Boost Your Resilience

-Aired: Friday, 5/5/17

Dr. Karin sits down and talks candidly to a live audience on FaceBook about her tips for strengthening your resolve and resilience when confronted with all types of adversity. Dr. Karin offers recent and candid examples from her own life that have first beat her down, but then challenged her to be a happier, healthier, and better person.

Visit Dr. Karin at www.doctorkarin.com

TAGS: spirituality, self, improvement, personal, growth, motherhood, marriage, divorce, doctor, karin, luise, drkarin

RUNTIME: 47 minutes

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S1 E11 The Dr. Karin Show—True Mindfulness with Alex Kip
-Aired: Friday, 5/12/17

Dr. Karin links up with cancer survivor and life coach Alex Kip on FaceBook Live to talk about facing life's obstacles, finding your path; and the real, life changing power of spirituality. Alex shares his own spiritual journey, and how at his lowest points, he found the most room to grow.

Find Alex Kip at www.thesoulfeed.com, or get a free 30 minute session with him by sending him a message at livelightcoaching@gmail.com or text soulcoach to 33444.

Visit Dr. Karin at www.doctorkarin.com for info on appearances or one-on-one sessions.

TAGS: spirituality, mindfulness, cancer, survivor, life, coach, coaching, alex, kip, soul, feed, thesoulfeed, drkarin

RUNTIME: 1 hour 3 minutes

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S1 E12 The Dr. Karin Show—Sacred Spaces with Naomi Mann
-Aired: Friday, 5/19/17

Karin talks with interior designer Naomi Mann about the power our home spaces have over our health and wellbeing, including how something as simple as rearranging your furniture can be a powerful tool for flushing out negative energy. Naomi gives examples from her own life on how filling your physical space—even a hospital room—with objects that bring, comfort, peace, and joy not only had a positive effect for her, but for those around her as well.

For more on Naomi Mann and her services, check out www.mann-made.com

Visit Dr. Karin at www.doctorkarin.com

TAGS: feng, shui, interior, design, spirituality, naomi, mann, drkarin

RUNTIME: 41 minutes

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S1 E13 The Doctor Karin Show—Not Going Small with Danielle Mercurio
-Aired: Friday, 6/2/17

Karin connects with astrologer and fellow Leo, Danielle Mercurio via Skype to talk about the importance of not shrinking yourself down and undermining your worth. Danielle and Karin discuss leaning into your strengths, and finding the courage to speak up for yourself and convictions.

Find Danielle at www.daniellemercurio.com

Visit Dr. Karin at www.doctorkarin.com

TAGS: doctor karin, drkarin, danielle, mercurio, leo, astrology, lean, in, spirituality, feminism

RUNTIME: 30 minutes

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S1 E14 The Dr. Karin Show—How to Keep Your Inner Peace
-Aired: Friday, 6/9/17

Dr. Karin signs on with a live Facebook audience to talk about maintaining your sense of inner peace and stability. Whether it is cultivating your sense of self worth, or keeping it together in times of adversity, Karin covers both the spiritual and practical routines we can do to stay grounded and positive.

TAGS: spirituality, positivity, enlightenment, doctor, karin, drkarin, spiritual, hope, relationship

RUNTIME: 27 minutes

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S1 E15 The Dr. Karin Show—Setting the Table with Love
-Aired: Friday, 6/16/17

Dr. Karin chats with health and wellness consultant and Food Network chef, Lisa Washington to discuss the benefits eating healthily and with love can have on your body and spirit. Lisa shares her personal story of struggle, and how the love of her

husband and a passion for good food literally saved her life. Lisa prepares a quick, delicious, and healthy lunch for Karin and LSN producer, Jesse.

Find Lisa at www.setthetablewithlove.com

Visit Karin at www.doctorkarin.com

TAGS: Health, wellness, recipe, chef, lisa, washington, cooking, disease, spirituality, god, doctor, karin, drkarin

RUNTIME: 37 minutes

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S1 E16 The Dr. Karin Show—Transcending Shame with Kate Eckman
-Aired: Friday, 6/30/17

Karin signs in for a long-distance interview with fashion model, TV personality, and life coach, Kate Eckman to discuss her experiences with shame. Kate talks candidly about being a plus-sized model in an industry that over-emphasizes women's weight and physical appearance, and how we can choose to grow from experiences that at first knock us down.

Find more about Kate at www.kateeckman.tv.

Visit Karin at www.doctorkarin.com

TAGS: spirituality, doctor, karin, drkarin, kate, eckman, success, fashion, modeling, shame, model, mental, growth, business

RUNTIME: 43 minutes

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S1 E17 The Dr. Karin Show—How to Connect with Your Guides and Angels
-Aired: Friday, 7/7/17

Dr. Karin tunes in for a FaceBook Live taping to discuss connecting with your angels, guides and the rest of your higher self's team. Karin shares parts of her own history with contacting angels

TAGS: angels, drkarin, spirituality, guides, intuitive, faith, psychic, God

RUNTIME: 29 minutes

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S1 E18 The Dr. Karin Show—My Story
-Aired Friday, 7/14/17

Karin shares her personal story of her spiritual awakening and the struggles that have lead her closer to enlightenment. Do you have a personal story about your spiritual journey? We'd like to hear it! Send it to us at info@thelightersidenetwork.com

Visit Dr. Karin at www.doctorkarin.com

TAGS: channeling, channeling, Spirituality, doctor, karin, karin, God, God, faith, faith, mediumship, mediumship, spiritual, spiritual, death, death, struggle, struggle, spirit, spirit, motherhood, motherhood, woman

RUNTIME: 31 minutes

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S1 E19 The Dr. Karin Show—Soul Centered Therapy
-Aired Friday, 7/21/17

Dr. Karin chats with professional therapist and Life Coach Heather Regan to discuss the positive impact of talk therapy.

Schedule your free 30 minute session with Heather at www.iamheatherregan.com

Visit Karin at www.doctorkarin.com

TAGS: psychology, DrKarin, therapy, Heather, Reagan, enlightenment

RUNTIME: 50 minutes

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S1 E20 The Dr. Karin Show—Notes on Nature
-Aired: Friday, 7/28/17

In the season finale, Dr. Karin reflects on the grounding, healing effect nature in all its forms has in our lives.

Visit Dr. Karin at www.doctorkarin.com

TAGS: nature, healing, spirituality, spirit, wholeness, reflection, Dr. Karin

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RUNTIME: 22 minutes

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