

Σmbrace Your Σxcellence ~ Dr. Diana Rangaves, PharmD

Many people don't understand why or how people become addicted to medications or behaviors. In reality addiction is a complex set of factors. Changes to the brain and neurotransmitters play essential roles in thinking and self education about the addiction science. [National Institute Drug Abuse Advancing Addiction Science](#)

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Dr. Diana Rangaves', PharmD message ~

"All stakeholders play a role. There is tangible action into the process of getting hooked on meds, pain, and overdose risk. Use every element available including positive mindfulness coping strategies.

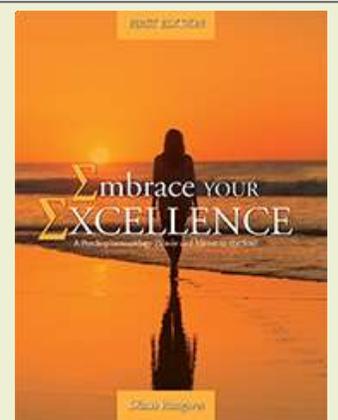
Think about short-term, long-term, going low and short! There is not a pill for every ill! Medicines do not treat the root cause of suffering. Be your advocate! Speak up, as a patient healthcare is in your hands!

Diana Rangaves is an accomplished writer, teacher and philanthropist. She has spent her life in the pursuit of education and giving back. Diana received a doctorate in Pharmacy from the University of California, San Francisco.

Well respected in her space, she became part of the faculty of one of California's leading Junior Colleges. Dr. Rangaves earned several awards during her tenure including: Outstanding Contribution by Adjunct Faculty, The Faculty Fund for Advanced Studies Award and the SRJC Foundation Grant Award.

She owns ClinicalConsultantServices.com and DianaRangaves.com, where she continually facilitates positive results for her clients.

Authors' royalties from her books benefit charities: [The Adventures of Rosy Posy Papillion](#) benefit PapHavenRescue.org. Santa Rosa Junior College Foundation benefits from [Escape into Excellence](#), and [Embrace Your Excellence](#).



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Combines sound psychopharmaceuticals with a compassionate, holistic view.

Endorsement

*Ann Foster, BA, Masters, Professor Santa Rosa Junior College
California Community Colleges' Success Network (3CSN)
Network and Reading Apprenticeship Coordinator*

*[Bruce Hurwitz](#) Presents Diana Rangaves: Embrace Your Excellence ~ [Blog Talk Radio](#)
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