



August 2011



I hope you are enjoying your summer and getting lots of healthy Vitamin D. Summer is the time of year for fun, vacation, barbeques, relaxation, but for some it means more anxiety. The common thread is that the many people are feeling the uneasiness of the world events...financial and the current display of Mother Nature. Many people complain of unexplained illnesses, insomnia, and depression. But all want relief from their uneasiness.

I found that using EFT (emotional freedom technique) is a very effective way of getting to the root of the problem and dissolving the helpless feeling that persists. Children have learned this technique quickly and feel the effects immediately and they moved through their day calmly from then on. The need has been so profound that I am opening yet another class teaching all who would like to learn how to let go of their fears, stress, and the hopeless feeling. It is truly painless, lessens physical pain quickly, and the AH HA moments are profound.

Your emotions can and will cause a dis-ease. What you choose to internalize, the body will bring it forward in a form of unease to make you deal with that emotion. I do use herbs to help calm the body....Kava (never use with alcohol), Valerian, Melatonin to help you sleep and other nerve enriching supplements to sssshhh the body down. There are many herbs to choose, but I test using a Quantum Reflex Technique (QRA) to reveal what your body needs.

Reiki is another way of calming the energy in your body. It is an ancient Japanese method that allows energy to flow from the Reiki Master to the client to assist in aligning proper energy flow (Chi, or Ki) in the body. It is used very successfully in cancer patients undergoing treatment. It is truly a relaxing experience.

The EFT is a fun class and we don't reveal any deep dark secrets. I am offering 15% off your first class and any referrals that come to me mentioning your name and this newsletter. Please go to my website [www.natureofhealing.biz](http://www.natureofhealing.biz), click on EFT and watch the video. Let's heal and feel the sun shine on us without feeling depressed. It works wonderful with children too. This offer applies to your first Reiki treatment also. I am available through Skype also if you can't make class or want a private session.

To your health, Susie