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**A new you is Awaiting**

***When was the last time you talked with someone about your health and received the personal attention you deserve?***

TCM offers an individualized approach to health and wellness. While Western medicine tends to classify people under a categorized set of conditions, in TCM even if two people suffer from the same kind of ailment, their diagnosis and treatment will be different. Everyone is considered as a unique, and whole individual. A comprehensive TCM consultation often resolve into a powerful defining moment.

 (maybe the following in a separate page about Functional Medicine)

**Similar to Chinese Medicine, the biology-based Functional Medicine approach, focuses on identifying and addressing the root causes of disease.**

**Symptoms or differential diagnosis may be one of many aspects contributing to an individual’s illness, but these holistic methods emphasize a whole person health with mind, body, and spirit as an integral component of the therapeutic approach to foster healing and sustain health.**

**I have personally experienced on myself these holistic healing modalities I now practice. I believe they have been essential not only to help restore and maintain my health, but foremost they have been catalysts for profound personal changes, and further lead my understanding and appreciation of the human experience.**

* **EFT**

***“The cause of all negative emotions is a disruption in the body’s energy system.”***

**Emotional Freedom Technique**

Over 100 studies demonstrate the efficacy of Emotional Freedom Technique (EFT) as an evidence-based therapeutic method.EFT is a swift and efficient self-help intervention, that combines elements of both exposure and cognitive therapy, applying somatic stimulation to acupressure points on the face, top of the head, and body. **(1)**

Measured against the standards of the American Psychological Association’s Division 12 Task Force on Empirically Validated Treatments, EFT has been found to be an “evidence-based” practice for anxiety, depression, phobias, and posttraumatic stress disorder (PTSD).In addition,randomized control trials established EFT treatment as effective for physiological issues such as pain, insomnia, and autoimmune conditions; professional and sports performance; and biological markers of stress. (2)

It is a unique version of acupuncture that does not utilize needles. Instead, the body energy meridians are stimulated by tapping on specific points with your fingertips. The process is easy to memorize and could be done anywhere.

EFT developed according to the tenets of Chinese medicine, that recognizes emotional imbalance as the root of Qi (energy) disruption and the true cause of dis-ease.

The two primary applications of EFT are:

**1. Self-Care** - This method of gentle tapping on specific meridian points while tuning into an issue, helps you relieve stress and produce an inner sense of relief and a feeling of being in the moment. Usually self-administered, it could also be guided by someone else, maybe in a group or in a video. Tapping this way can ease you rapidly into a soothing feeling of calmness.

**2. Assisted EFT** - A 1-to-1, client-centered care facilitated by your EFT practitioner. With a series of EFT sessions, we focus on your unique subjective experience, emotionally triggering events, or any presenting challenges for the purpose of gaining clarity and resolution. The process supports your progress when making changes (emotional and/or physical), by shifting limited thought processes, resolving past traumas, and allowing implementation of successful ways to open up to true sense of fulfillment and well-being.

Through practice, training, and mentoring, in time you will be able to self-administer EFT in sessions similarly to the Practitioner-Assisted ones and ultimately implement tapping as an effective tool for your personal growth.

1. Bach, D., Groesbeck, G., Stapleton, P., Sims, R., Blickheuser, K., & Church, D. (2019). Clinical EFT (Emotional Freedom Techniques) Improves Multiple Physiological Markers of Health. *Journal of evidence-based integrative medicine*, *24*, 2515690X18823691. <https://doi.org/10.1177/2515690X18823691>
2. Church, D., Stapleton, P., Vasudevan, A., & O'Keefe, T. (2022). Clinical EFT as an evidence-based practice for the treatment of psychological and physiological conditions: A systematic review. *Frontiers in psychology*, *13*, 951451. https://doi.org/10.3389/fpsyg.2022.951451
* **Transformational Breath**

A Transformational Breath session is designed to re-train the body to a full breathing capacity. Conscious breathing is one of the most powerful psycho-emotional, healing-triggering mechanism.

In our adult years, we use it mostly unconsciously, unaware that breath moves or retain energy, gets rid of toxins from the body, and controls emotions and bodily sensation. The human body is designed to use breathing for about 75% of its energy requirements, with oxygen being the most essential fuel supporting just about every bodily function.  However, almost 90% of us ordinarily breathe at a 50% of the body capacity.

Becoming a conscious breather allows the individual to regain control over life by fully oxygenating the body, and by consciously controlling energy patterns that help maintain a lucid state of emotional freedom.

 A breath session is designed to open up restricted breathing patterns, through the use of a circular breath pattern, with no pauses and a natural relaxed exhale.  While you, the breather, focus on your conscious breathing, I coach you by sustaining breathing rhythm. While applying gentle touch to map the body, I guide your awareness for allowing the release of blockages, both physical and emotional trauma, that might be conditioning the self at a subconscious level.

The session creates an experience that integrates body, mind, and spirit.

The process is entirely natural. It facilitates the body to promote self-healing, the release of stress and promotes a physical expansion of energy.

