

Energy therapies work deeper than the physical, affecting the deepest level of healing--the energetic level. They simultaneously address emotional, psychological, energetic and physical. Excellent to reduce stress and to promote recovery or minimize side-effects, they are an ideal adjunct to traditional medical procedures such as surgery or cancer therapy. Energy Therapies cause the release of beneficial neuropeptides that dampen pain, regulate your endocrine and nervous systems, and activate your body's own self-healing and immune functions. They reduce free radicals and attract hemoglobin to injured tissue, thereby increasing

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See also Acupuncture, Qi Gong, Stress and Pain Relief

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see also Emotional Wellbeing, Energy Therapies,

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