

What is Energy Medicine & How would it Help ME?

Siobhan Hutchinson, M.A.- Holistic Health
609-752-1048

- The oldest, safest, most organic, most accessible, and **MOST AFFORDABLE medicine there is.**
- Teaches you how to participate more fully and knowledgeably in your own healing, health, and well-being.
- Is both an empowering system for self-help and a powerful tool in the hands of a competent practitioner. **SELF-EMPOWERING.**
- Energy Medicine promotes health by activating the body's **NATURAL** healing abilities – restoring energies that have become weak, disturbed, or out of balance.
- Energy Medicine uses techniques from healing traditions such as acupuncture, yoga, kinesiology, and qigong.
- Private sessions and classes.

Energy Medicine may resonate with you right away. We all have our Achilles' heel. If you get back pain every time your in-laws visit, or your stomach turns at the mention of a name, you are getting signals/biofeedback from your body. We teach clients how to tap, gently stretch, or touch on points of the body that help activate the body's natural healing ability. What?! It is that easy? Yes, we can show you how to do it yourself.

Not only do many people feel things physically, mentally, emotionally, and spiritually shift, but there are ways to "measure" the effects right then and there. Consider your body as a biofeedback entity and kinesiology as one of the "tools" to measure the effects.

Energy Medicine refers to subtle energies, which are in two categories: putative and veritable. These are fancy-sounding words that mean some of the body's energies cannot be measured by the scientific tools available now, but it has been theorized for thousands of years and form the basis of many indigenous methods of healing; and the latter meaning those energies that are currently measured and proven by science such as electromagnetic. Simple analogy: we know WIFI exists, but we cannot see it or touch it.

Mehmet Oz, M.D. is a big proponent of integrative and natural approaches to healing and has stated on many occasions that "the next big frontier....in medicine is energy medicine." Noted expert on pain management, C. Norman Shealy, M.D., concurs with Dr. Oz. In fact, Dr. Oz has

included energy practitioners in his surgical practice as does beloved Bernie Siegel, M.D. With this in mind, a number of NJ hospices and hospitals offer Reiki, an Energy Medicine, as part of their care. A couple of years ago the NJ Hospice and Palliative Care Organization recognized Reiki in its annual awards ceremony. Everyone can learn Energy Medicine. It is **fun, easy to learn**, and the **effects can be awesome**. Or, experience a one-on-one session with a trained/certified practitioner to help provide deep relaxation, pain reduction, releasing, and an overall sense of wellbeing. It is very personal and unique for each individual.

Testimonials:

-“Just loved the class, the instructor was – once more – excellent;” “Instructor was enthusiastic, positive, upbeat, and genuinely loves to share energy medicine with clients. She made the class enjoyable, as well as, educational;” “Siobhan was a wonderful teacher who engaged us and explained things in a way that was easily understood;” “Excellent introductory class and teacher...a very fun and informative day!”

-“I couldn’t have asked for a better teacher. Siobhan was very knowledgeable on the subject and was able to communicate and explain it in a way that made the information very understandable. She had a good combination of theory and practice which made it easy, fun, and enjoyable. My class had a combination of people who were seasoned in this field and a couple of novices like myself and yet she managed to keep everyone’s attention and full participation. I couldn’t have asked for a better teacher.”

Ready to join us? Classes as well as customized sessions are offered online and in person throughout Central NJ as well as Bucks County, PA. Along with holding a Master’s Degree in Holistic Health, Siobhan is an accredited T’ai Chi Chih®, Seijaku, Guigen Qigong, Reiki Master/Teacher, Medicinal Aromatherapist, and Certified Clinical Eden Energy Medicine Practitioner. The United Fellowship of Martial Artists awarded her Holistic Healing Artist & Qigong Master. In addition, she is one of the official World Tai Chi Day Organizers and co-host of WTCQD Online Summits. She has studied in China and continues her studies with a variety of holistic practitioners.

www.NextStepStrategiesLLC.com

609-752-1048 or email Siobhan@NextStepStrategiesLLC.com