

Benefits of a Mind Body Medicine Private Consultation

- Private consultations are approximately 1 hour
- A wide scope of modalities can be used depending on what the client needs
 - Flower Essence Therapy
 - Kinesiology
 - Guided Meditation
 - Hypnosis
 - Counselling
- It is not necessary for the client to tell the therapist what the issue is for benefits to occur
- The therapist is a facilitator to allow the client to come to their own resolution

- **Benefits are different for every individual**
 - Examples
 - Weight loss – the client was able to find the best weight loss program for them while working on emotional issues that keep the weight stuck
 - Pain – the client had used physical therapies to alleviate pain left over from a broken ankle. When looking at emotional issues with parents, the pain was released
 - Grief – by picking certain flower essences the client was not able to connect with the grief she felt from losing her husband and was able to remember the good times with him
 - Fertility – developing the mother within, fertility issues disappeared after being told she would never become pregnant and have a child
 - The Alphabet – what if ADD, ADHD, OCD and all the other labels were a talent and ability, not a dysfunction? A client was able to find out why she had these issues and had the ability within herself to use them as a talent to create and enjoy life
 - Depression and Anxiety – a client deals with her hypersensitivity of the world by asking questions, such as “Who does this belong to?” and flower essences support her by developing her inner strength
 - Relationships – by taking 100% responsibility for your part in your relationship it can transform. With guided visualisations and meditations the client was able to learn what was needed in the relationship for it to continue or whether it was time to move on easily and completely