



**Stress Reduction for
Health & Vitality
Energy Medicine with
Elsie Kerns ~ Stress Specialist
EEM Advanced Practitioner
www.wellnesswithelsie.com
www.wellnessworkers.org**

Struggle

To

Resolve

Emotionally, Time Sensitive

Situations

Sanely!



How Much Does This Glass of Water Weigh?



Answer - depends on how long you hold it!

Same principle applies to how long

you hold onto ***your*** stress!



Mind-Body Wellness is Complementary

Not Alternative



Mind~Body vibrational practices like...

Meditation, Massage, Yoga,

Prayer, EFT Tapping, Shiatsu

Acupuncture, Aromatherapy, etc.

offer practical ways to prevent burnout!

Quantum Physics!

CAT Scans, MRI's, Lasers,

iPods, iPhones, Cell Phones

Good Vibes & Bad Vibes

Everything is Vibration!

“Energy is all there is!” ...Albert Einstein



**You can experience empowerment,
vibrant health and longevity in a way that
is effective, time efficient, affordable and
available 24/7 with Energy Medicine!**

Healing is not Curing

Healing is *prevention-oriented* ...

not crisis-oriented.

Healing is a life long process!

**Protect Your Body's
Personal Homeland Security
Your Immune System!**



What does your stress feel like?

- Frequent colds, allergies, viruses?

Try the Wrist Twist

Boost Key Energy Points !

What does your stress feel like?

- **Low energy and chronic fatigue?**

Support Adrenals, Thymus & Spleen

Reservoirs of Energy

Massage, Tap & Love!

Strengthen Your Immune System!

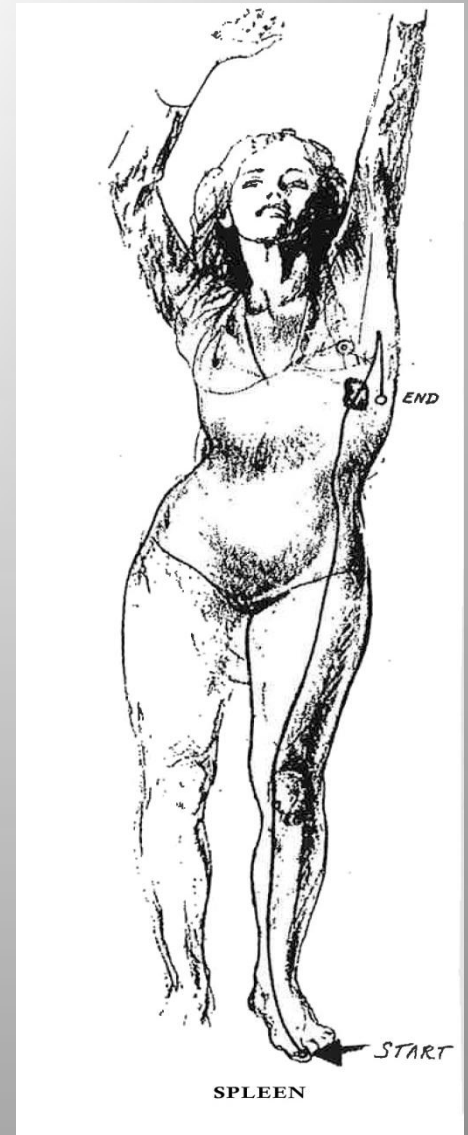
Spleen ~ The Great Metabolizer

Spleen is like your “Mother” organ. She is feminine (yin) and works all the time to metabolize your food, feelings, thoughts, emotions, balance blood chemistry, fight infection and is a vital part of your immune system in both Eastern & Western medicine.

Tap Spleen Find the points just over the breasts at the first rib and tap on each side of the body. You are tapping on the Neurolymphatic Reflex Points for Spleen. Tap, Tap, Tap! Now move to the Spleen 21 acupuncture points on each side of the body in line with end of rib cage see diagram.

Tapping helps move toxins and strengthen this vital feminine organ that does so much for us on a daily basis 24 hours a day.

Trace Spleen from the outside of the big toe, up the inside of the legs, past the breasts, underneath the arm pit and down to the bottom of rib cage. “I nourish myself with love!”



Spleen meridian photo
from *Energy Medicine*
by Donna Eden

What does *your* stress feel like?

- **Constriction at diaphragm, shoulders, neck and low back pain?**

***Stretch it out ... and
try the Hairbrush Tap!***

What does your stress feel like?

- **Poor Digestion, headaches and migraines?**

Release Head Tension

Do the “Crown Pull”

The Crown Pull



- **Relieve Headaches and Mental Congestion**
- **Clear and Refresh Your Mind**
- **Sharpen Your Memory**
- **Open Your Crown to Higher Inspiration**

What does *your* stress feel like?

- **High Blood Pressure?**

**“Breathe in peace & calm,
breathe out stress & anxiety”**



“Relax & Restore”

Research from Harvard concluded the two most effective business tools for the 21st century are:

*Meditation and
Intuition.*

Power Up!

Blow it out...

**Release frustration, Protect
and Recharge Your Energy!**

BLOW IT OUT!



- **Release Stress, Anger, Frustration Safely!**
 - **Clear Out Body Tension**
 - **Congestion in the Mind**
 - **Gain a Better Perspective**

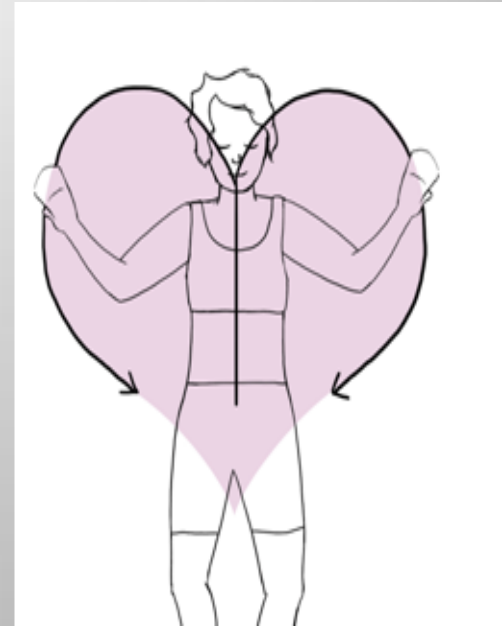
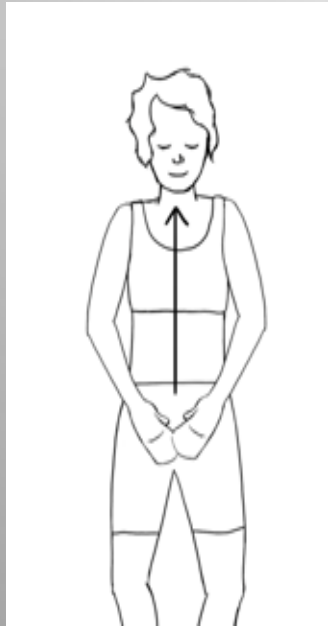
What does your stress feel like?

Drained? Depleted? Exhausted?



Protect Your Energies with the ZIP-UP!

Enhance Your Energies with the



Three Heart Zip-UP!

Tap in Joy!

HeartMath Institute research shows:

- **Every heartbeat affects your emotions, health & quality of life.**
- **“Coherent” heart rhythm vs. “incoherent” enhances health, vitality and positive emotions**

Practice the “Heart Smoothie”



Heart Smoothie

Relax the Sympathetic Nervous System

-Begin with fingertips on each temple

-Smooth over the ears

-Pull off neck

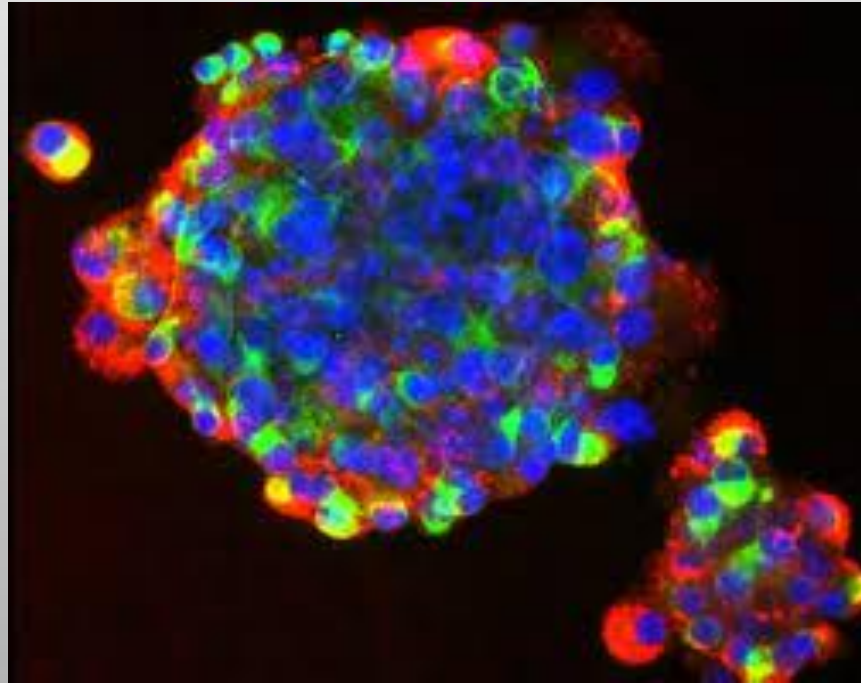
-Do 6 XS

-Last smoothie land on the heart

-Tap in Joy between the eyebrows

-Imprint the nervous system with JOY!

**“I AM MIRACLE STEM CELLS
DOUBLING EVERY DAY!”**



**We have entered *AllTime* to manifest
“All Possibilities” for Self & Others.**



“Hold yourself in love, honor and reverence just as you are in the moment. The body is a healing miracle through the energies of the Great Divine!” ...elsie

Events with Elsie at a Glance!

-Sunday, April 26th Chakra Clearing 101 ~ Healing for Self & Others.
No previous experience necessary. Held at Halo Wellness Center Rt. 73 in Marlton, NJ. Details ~ <http://chakras101@eventbee.com>

-Saturday, May 9th at Blue Deer Yoga 1-3pm Learn how to “buzz” key energy points on the feet & hands for long life, health & vitality. Give your energy spark plugs a “tune-up!” <http://sparkplugs.eventbrite.com>

-Saturday, June 13th ~ Step into the Grid of Grace & Wisdom at Wellness Workers Holistic Health Fair. Details: www.wellnessworkers.org

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