

## WHAT CAN ENERGY MEDICINE DO FOR ME?

While Energy Medicine does not diagnose or cure illnesses, it has been shown that working with the body's subtle energies can help to:

- Balance your Energies
- Reduce Pain
- Improve Your Energy
- Improve Chronic Conditions
- Improve Auto-Immune Disorders
- Sharpen Your Mind
- Improve Your Vision
- Reduce Stress and Anxiety
- Manage Weight
- Fight Depression
- Strengthen Immune System
- Improve Digestion
- Reduce Allergies
- Enhance Wellbeing
- Alleviate Insomnia
- Enhance Learning Skills
- Lessen Migraines
- Reduce Cancer Risk
- Much More

Energy Medicine is safe for all ages and can even be used on your pets.

Learn about Eden Energy Medicine in your home with your friends and family at a Nrg4U

## Energy Party

We offer unique, in home, Energy Parties where we demonstrate basic techniques and explain Eden Energy Medicine principles to you and your guests.

An Energy Party is unlike any other home party you have been to. There is absolutely nothing to buy. No make-up, food containers, jewelry, candles, home decorations, supplements, or chef supplies.

You will receive handouts, tools, and training that can change your life and the lives of the people that you care about. Hosts receive special bonuses.

Contact your local practitioner at

# NRG4U

*Energy for You*

HEALING FOR THE 21ST CENTURY

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## ENVIRONMENT

“How wonderful it is that nobody need wait a single moment before starting to improve the world.”

—Anne Frank

Eden Energy Medicine can help:

- Boost your vitality and stamina
- Strengthen your immune system
- Relieve pain and common ailments
- Sharpen your mind and memory
- Keep yourself healthy and balanced with a simple daily energy routine

## OUR ENVIRONMENT

Ever wonder why nobody ever sees penguins on the beach in Miami? Of course not. Everybody knows that penguins thrive in the cold and would not last too long on warm sunny beaches. They have adapted to live in a certain type of environment.

Humans are said to be superior to many other forms of life because we have the capacity to control our environment.

This control over our environment creates as many problems as it solves. We have modified our environment drastically in the last 100 years and our bodies have not had enough time to adapt to these changes.

The food we eat is industrially grown in mineral depleted soil, sprayed with pesticides and chemically enhanced to look better and last longer. Even breast milk contains toxins. Some "food" is created entirely from chemicals or modified genetically. We often cook our food with microwaves which may alter the nutritional value and the molecular structure of the food. Food allergies are becoming more common.

The water that we drink, bathe in, and cook with is intentionally treated with highly poisonous Chlorine and Fluoride. Industrial runoff adds toxic chemicals, pharmaceuticals, hormones and other waste to our water supply. Plumbing adds lead and other metals to our water.

Captivity is an unnatural, modified environment that is not the one that the animal evolved in. Elephants in captivity die up to forty years earlier than their normal expected lifespan. Captivity adds stress and discomfort to an animal's life, shortening its span and making it extremely vulnerable to premature death and mental disorders.

Why would anyone expect that humans can severely alter their environment without causing significant stress to our body's energy systems? Ask your Nrg4U Practitioner what you can do to help keep your energy systems in harmony with your environment.

The electricity we so heavily rely on produces a constant 60 hertz hum that surrounds us almost all the time while the plants that produce the electricity pump pollution, sometimes even including radioactive waste, into the environment.

The air we breathe is full of industrial byproducts. Pollution also traps heat which may seriously alter the temperature of the planet. Every square inch of the atmosphere is said to now contain some form of radio wave including cell phone signals, radio, Wi-Fi, communication signals and many others. We are constantly bathed in a sea of electronic chaos. We even carry powerful microwave transceivers (cell phones) on or close to our bodies and then we put them against our brains to use them.

Shoes insulate our feet from the Earth stopping the natural grounding process which brings vital natural energy into our bodies that fight

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free radicals. Shoes also change how our feet flex and affect our gait. We sleep in beds high above the ground in houses also insulated from the ground.

We have been conditioned to be afraid of the sun which provides important vitamins like vitamin D.

We live in houses full of chemicals and use artificial climate control to alter everything (temperature, humidity, light and sounds) to make ourselves comfortable.

We travel at unnaturally high speeds in cars, boats, trains and planes and quickly stop again.

Artificial light has allowed us to modify natural light and dark cycles which has allowed us to reduce the amount of sleep we were biologically designed to have. Artificial light rarely mimics the full healing spectrum of the sun and some sources, like fluorescent tubes, flicker at a rate that causes subliminal stress.

In short, by controlling every little aspect of our environment we have made nature our enemy and declared war on the environment that we evolved to live in. Is it any wonder that nature is having the last laugh?