

## 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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HEALING FOR THE 21ST CENTURY

# NRG4U

*Energy for You*



A lot of people say they want to get out of pain, and I'm sure that's true, but they aren't willing to make healing a high priority. They aren't willing to look inside to see the source of their pain in order to deal with it.

—Lindsay Wagner

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

# PAIN

Pain is an unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage. It is the feeling common to such experiences as stubbing a toe, burning a finger, putting iodine on a cut, and bumping the "funny bone".

Pain motivates us to withdraw from potentially damaging situations, protect a damaged body part while it heals, and avoid those situations in the future. Most pain resolves promptly once the painful stimulus is removed and the body has healed, but sometimes pain persists despite removal of the stimulus and apparent healing of the body; and sometimes pain arises in the absence of any detectable stimulus, damage or disease.

Pain is the most common reason for physician consultation in the United States. It is a major symptom in many medical conditions, and can significantly interfere with a person's quality of life and general functioning. Energetically, pain is experienced when too much energy collects in one area.

The ability to experience pain is essential for protection from injury, and recognition of the presence of disease or injury. In essence, pain is a red flag that calls attention to a specific area of the body in need of

## Drug Free Pain Reduction Protocols

Meridian Sedating

Pain Siphoning

Hopi Technique

Brazilian Toe Technique

Breath Work

Zone Tapping

Vortex Clearing

Magnet Therapy

some tender loving care. For this reason, pain should not be ignored. If the red oil light in your car comes on (It's red for a reason – it signals danger and urgency) it requires immediate attention. The same is true for your low fuel light. If you are foolish enough to ignore these lights you'll quickly pay the price by having your engine seize up or by running out of gas.

Few people would consider removing the bulbs from these warning alarms so they stop reporting because of the consequences of ignoring them. It's interesting to note though that millions of people routinely use pain medication to turn off their body's pain

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(their body's warning lights). People quickly forget how bad the pain was and feel cured without the pain which often leads them to further injure themselves. *You're not fixed, you're numb.* Pain killers also mask any new pains. If the pain is a result of inflammation or a body malfunction, masking the pain allows the dis-ease of the body to flourish, advance and rage out of control. This is how a minor pain ends up becoming an autoimmune disease.

The only real answer to pain is to discover the underlying cause and treat it which will remove the pain without masking it. There is a real biochemical reaction that occurs to cause pain and a reason for that pain. Pain medication inhibits this reaction and tricks the brain into thinking all is well and sometimes produces feelings of euphoria. It is this reason that many pain medicines are addictive if used for any length of time.

Energy Medicine provides many tools to not only immediately reduce pain but also aims to restore balance in the body's energy systems. This eventual balance inevitably corrects the underlying cause of the pain and actually eliminates the need for the body to call attention to something that is malfunctioning through pain.