

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 us for more information or to book a party.

Contact your local practitioners at



Energy for You

HEALING FOR THE 21ST CENTURY

www.Nrg4U.org
E-mail: Patrick@Nrg4U.org

HEALING FOR THE 21ST CENTURY

NRG4U

Energy for You

EDEN ENERGY MEDICINE

“As we get better at understanding how little we know about the body, we begin to realize that the next big frontier in medicine is Energy Medicine.”

Dr. Mehmet Oz, MD
The Dr. Oz Show and
Medical Expert on Oprah

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

EDEN ENERGY MEDICINE

WHAT IS EDEN ENERGY MEDICINE?

- It is a method of working directly with the body's energy systems to help create health and wellness
- It is both a complement to traditional medical modalities and a complete self-contained system for self-help and self-care
- Lack of energy or unbalanced energy is the cause of all disease. In Energy Medicine, energy is the medicine and also the patient. Energy interventions are used to help balance energies
- Eden Energy Medicine teaches specific techniques that can be used to activate the body's natural healing abilities. This can help to restore vital energies that have become weak, disturbed or out of balance

For More Information on Eden Energy Medicine, please visit:
www.Innersource.net

HOW IS EDEN ENERGY MEDICINE USED?

- One way is to ensure that your body's energies flow in an overall balanced and harmonious manner
- Your body wants to heal, An energetic environment is created within your body that supports health, vitality, and healing

"Energy is all there is."

Donna Eden,
paraphrasing Albert Einstein's $E = mc^2$

- Energy medicine techniques are used to assess specific body energies and how they relate to your current health. From this assessment, a specific individualized plan can be developed to help you address physical or emotional issues that may be contributing to less than optimal health

"Energy Medicine is the future of all medicine."

C. Norman Shealy, founding President of the American Holistic Medical Association

WHAT CAN EDEN ENERGY MEDICINE DO FOR ME?

- It can empower you with simple healing techniques for yourself, your family, friends and others
- It offers many potent tools for addressing both illnesses and emotional blocks
- It can help promote high-level wellness and peak performance
- It can restore energy that you thought was gone for good

Eden Energy Medicine is based on the methods taught by Donna Eden, a widely respected healer and pioneer in bringing Energy Medicine to the public. Donna is the coauthor of the books, **Energy Medicine** and **Energy Medicine for Women**.