

## 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 practitioner at



*Energy for You*

HEALING FOR THE 21ST CENTURY

[www.Nrg4U.org](http://www.Nrg4U.org)

HEALING FOR THE 21ST CENTURY

---

The logo for 'NRG4U' features the letters 'NRG4U' in a large, bold, blue font with a white outline and a slight shadow effect.

*Energy for You*

## SESSIONS GUIDE

“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

# AVAILABLE ENERGY MEDICINE SESSIONS

## BLACK PEARL SANCTUARY

1 hour

A deeply relaxing session that melts stress away and helps invoke natural healing processes. The Black Pearl is the Hypothalamus or the "brain's brain." Points are held mainly on the head which put the client into a real state of Sanctuary. Negative, fearful thinking is moved towards trust, inner peace, joy and safety. The Black Pearl session also helps awaken non-ordinary dimensions of experience, enhances blood flow and strengthens the auric field.

## BRAZILIAN TOE TECHNIQUE

1/2 hour

A very relaxing session using points primarily concentrated on your toes. This technique is useful for a variety of maladies including restless leg syndrome, for calming emotional imbalances, grounding, deep relaxation, clearing toxins, neurological issues, and edema.

Studies have also shown that the Brazilian Toe Techniques can reduce or eliminate hair loss and nausea if used during the administration of chemotherapy.

## NEUROLYMPHATIC MASSAGE

1 hour

Neurolymphatic Massage helps increase the flow of energy in your body while also releasing toxins. This aids the lymphatic system and overall health. This treatment will help prevent or fight a cold coming on by flushing the lymphatic system and may be beneficial in helping to prevent lymph related cancers such as lymphoma or breast cancer.

## QUICKIE NRG BALANCER

1/2 to 1 hour

This session can be quick and powerful. It combines components of the Black Pearl Sanctuary and Neurolymphatic Massage with a personalized energy assessment and corrections. It opens your energies and activates better flow throughout your body while clearing out clogged energy.

## PAIN REDUCTION

1 to 2 hours

Energy Medicine offers more than a dozen different pain reduction techniques for pain ranging from mild to chronic. From arthritis to fibromyalgia and migraines to sore muscles, Energy Medicine can help make you more comfortable without drugs.

## VISION IMPROVEMENT

1 hour

Learn Energy Medicine exercises that can improve your eyesight in only a few minutes a day.

## ALLERGY REDUCTION

2 hours

Certain substances can cause allergic reactions because they affect the way energy flows in your body. Corrections can be made to your energy system in the presence of an allergen to reprogram your response to that allergen. Severe allergens may need several sessions before significant relief is achieved.

## SUBSTANCE TESTING

1 hour

Ideally you only want to put things in or on your body that strengthen you. Unfortunately many items drain your energy. Substance Testing can be used to determine if the substances that you eat or otherwise ingest including food, drinks, supplements, makeup, lotions, perfumes, etc. are energetically harmful, helpful or neutral to your body. Self and partner testing protocols will be taught and a variety of substances will be tested.

NRG4U practitioners are not medical doctors. Information in this brochure has not been evaluated by the FDA and is for informational purposes only. It is not intended as medical advice. This information should not be used as a substitute for professional medical advice. See your doctor before following any recommendations in this brochure or advice from an NRG4U practitioner.