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Energy Medicine and Optimal Health Archives Available

Our program focuses on energy medicine and how it can lead to optimal health. Energy is everywhere. Each of us has an energy body associated with our physical body. Nine different energy systems make up the energy body. Energy medicine is about determining energy balance in these energy systems. If imbalance is detected, proper energy balancing techniques are used to revitalize the body for efficient and optimal functioning of the body's organs and physiological systems. We'll highlight key exercises to use to empower optimal health by re-patterning your flow of energy. In addition, energy med

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