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Energy Medicine and Optimal Health Archives Available

January 28th 2013: **Altering Stress with Energy Medicine with Margie Fein**

In our society and culture today, most people live fast-paced stressful lives to meet the expectations of families and careers. This lifestyle is not healthy for our bodies or our energy systems. Stress, overwhelm and emotional upset block the free flow of energy through our energy body. Energy discussions about stress and emotional upset aren't complete without mentioning the Triple Warmer (TW) and Spleen imbalance. When the fight, flight or freeze response is engaged, TW is taking control of the energetic reins and other energy systems become depleted, especially Spleen Meridian. Understandi

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Featured Guest



Marjorie Fein

Marjorie Fein has been a senior faculty member of the Donna Eden Energy Medicine Certification Program since its inception in 2005. She was a contributing designer of the Eden Energy Medicine Advanced Practitioner. She also teaches energetic healing at massage schools throughout New York State, including her own course: Energy and Anatomy: Weaving Energy Healing into Manual Therapies. Hailing from New York City, Marjorie has enjoyed a full-time practice in energy medicine and therapeutic massage for over 12 years, and is highly skilled in other energetic modalities such as EFT, Psych-K and Reiki. She is a gifted teacher who imparts her extensive knowledge with clarity and humor. For more inf

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