

## **Mondays Bring Relief with Reiki & EFT**

*Source: The Tree of Health Center, LLC*

*Dated: Oct. 29, 2013*

NEWTON, N.J. -- As we settle back into the school-year, our minds quickly become cluttered with the jumble of "to dos" on our ever-growing list. Add this to the stressful life most of us are already leading and we create a formula for **dis-ease**. Do we choose to stay on that perpetual hamster wheel called "overload central" or do we finally say, "*No! I deserve a more peaceful and enjoyable life!*"

Lucille Ball, the irrepressible *I Love Lucy* star said, "*Love yourself first and everything else falls into line.*" And the Tree of Health Center is here to help you do just that. Linda Mitchell, founder of The Tree of Health Center, can be found at 55 Newton Sparta Road in Newton, NJ most days offering her CranioSacral Therapy, Therapeutic Massage and Reiki services to her growing list of satisfied clients.

We are delighted to announce that, effective November 4, 2013, Linda's business partner, Debra M. Hollinrake, will be at the center from 2:00-8:00 PM every Monday to offer Reiki and Emotional Freedom Techniques (Tapping) services to more of our community members ready to live a happier healthier life.

Debra M. Hollinrake has been practicing the purest forms of Reiki and Emotional Freedom Techniques (EFT) for four years in Pennsylvania and New Jersey. One of Debra's many satisfied EFT clients, Carol Moore, says, "*I lived with excruciating neck pain for thirty years and it disappeared after one session. It's been two years since I've worked with Debra and the pain is still gone!*" Norm Shealy, MD and Author of *Soul Medicine* has said, "*By removing emotional trauma, EFT helps heal physical symptoms too.*" The results Debra has shown with her clients has proven this is true.

Linda Mitchell, Founder and Partner at The Tree of Health Center, says, "*Our goal is to empower and educate our community so they know there are natural options to support optimum health and well-being. As our center grows, we are blessed to be able to offer these additional services to help our community members release their stress, heal themselves and truly live a more peaceful and enjoyable life. Our hope is that the ripple of self-healing and empowerment we are creating at our center will spread throughout the world.*"

We invite you to the oasis of warmth and caring at The Tree of Health Center. Our team can help open the way to self-healing with gentle noninvasive techniques that produce lasting results toward physical, emotional and spiritual well-being. Email us at [info@thetreeofhealthcenter.com](mailto:info@thetreeofhealthcenter.com) or call (973) 500-8813 for more information or to schedule your session today.

### **About The Tree of Health Center**

"The Tree of Health Center" is a community rooted center that takes into consideration that there are many ways to grow, heal and stimulate self awareness for a healthy mind, body and spirit. The goal is to bring together the best of Natural & Modern Medicine and bridge the gap between all healthcare traditions. Everyone at the Center helps you to facilitate a healthier lifestyle, stronger relationships, and a sustainable future for the health and welfare of our worldwide community. Visit <http://www.thetreeofhealthcenter.com> for current events, updates and to join the community.

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