

Spiders, Small Spaces, and Heights? Oh My!

Source: The Tree of Health Center, LLC

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NEWTON, N.J. -- Everyone has fears. They can be as common as fear of spiders, heights or clowns; or as unique as the fear of rain, beards, or sleep. Some fears we don't realize we have, like the fear of public speaking, learning new technologies, or change. Last count, there are over 500 documented fears and phobias, and the list continues to grow. (See <http://www.phobialist.com>; <http://www.phobia-fear-release.com/list-of-all-known-phobias.html>.)

Many people feel they don't need to release their phobias or seek treatment because they convince themselves that their fears don't affect their daily lives. But the fact is that any fear preventing you from feeling free to do whatever you want certainly does affect your daily life. And not only your life, but the lives of those around you as well. To make matters worse, most sufferers are unaware that there are painless and affordable treatments available to help free them from these limiting fears once and for all.

To help our community members know the true freedom of living a fearless life, The Tree of Health Center is offering a class called Releasing Phobias with EFT. This class will help release just about any phobia you may have and give you very simple tools to use on your own to deal with any new ones that may come up!

This class involves three two-hour sessions over the course of three weeks. The first session of Releasing Phobias with EFT is on Wednesday, Jan. 15th from 7-9 p.m., with the following two sessions taking place on Jan. 22nd & Jan. 29th from 7-9 p.m. The cost for this series is \$65 on the day of the first session or \$60 if registering one week in advance.

EFT (Emotional Freedom Techniques) is derived from the ancient principles of acupuncture, instead using a tapping procedure that gently realigns the body's energy system without the discomfort of needles. EFT offers mild desensitizing techniques to help release your phobias and fears so you can move forward in life. Clinically proven for positive results, EFT quickly and permanently releases fear, stress, anger and more, and the techniques are so simple that even children can learn them.

Releasing Phobias with EFT is taught by The Tree of Health Center's Debra M. Hollinrake. Debra is a certified Level 2 EFT Practitioner, trained and certified through the Association for the Advancement of Meridian Energy Techniques (AAMET). Debra's gentle approach allows fear, stress, trauma, anger, and grief to melt away – simply, quickly, and permanently – so you can move on to a relaxed and happy life. Under Debra's skillful guidance, you'll finally experience freedom from fears, stresses, and traumas that have been holding you hostage for far too long.

Debra also performs EFT on animals to release emotional stress, fear, and anxiety often related to that of their owners or to past traumas. In addition to private sessions, Debra is offering EFT classes to release stress, to release grief and to help children release pent up anger that leads to behavioral issues. She also offers Jikiden Reiki, Life (DNA) Activation, and Meditation & Spiritual Development classes at the Center. Be sure to check our calendar so you can learn to easily help yourself, your loved ones, and even your pets live a balanced and peaceful life.

To register or to get more information for Releasing Phobias with EFT, please visit The Tree of Health Center's website at www.thetreeofhealthcenter.com, e-mail info@thetreeofhealthcenter.com or call (973) [500-8813](tel:500-8813).

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 spirit, mind and body. The goal is to bring together the best of natural and modern medicine and bridge the gap between all healthcare traditions. Everyone at the Center can help you 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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Industry	Health , Lifestyle
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