

Tap Tap Tap Your Troubles Away - at The Tree of Health Center

Source: *The Tree of Health Center, LLC*

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NEWTON, N.J. -- Newton, NJ, – Stress is rampant. Our bodies succumb to illness brought on by stress. That's a fact. Unless . . . we know techniques to release the stresses of life. The Tree of Health Center presents Emotional Freedom Techniques (EFT) on Saturday, October 19, 2013 from 1:00 to 4:00 PM to teach us how to do just that.

EFT is simply tapping on specific acupressure points on our face and upper body while focusing on what's bothering us – fear, loneliness, trauma, sadness, grief, anger, etc. Why would anyone do that? To release the stress! That very stress is released through the points on which we tap, and then we feel better – more positive and more powerful.

Debra M. Hollinrake, partner with The Tree of Health Center, has been practicing EFT for nearly four years in Pennsylvania and New Jersey and her unlimited enthusiasm makes learning the techniques fun and easy.

Linda Mitchell, Founder and Partner at The Tree of Health Center, says, *“Our goal is to foster community health and well-being, not only here in Sussex County, but out into the International Community as well. Emotional Freedom Techniques is a fast and easy way to help make that happen. We are delighted to offer it at the Center for our local community members to learn and apply on their own, and we are hopeful that this wave of self-healing will spread throughout the world.”*

Come to the oasis of warmth and caring at The Tree of Health Center. On October 19th, you'll learn how to release the negative energy that causes your emotional and physical pain, and free yourself to enjoy laughter, joy and peace once again. The program is \$85.00, which includes a workbook and other take-aways, and lots of fun as well. Please RSVP as space is limited. Call (973) 500-8813 or email info@thetreeofhealthcenter.com.

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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Industry	Health

Tags [tapping](#), [eft](#), [energy psychology](#), [natural healing](#), [Tree of Health](#)

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