

My Specialties

In a typical session in my office, we may:

- Discuss your health plan and goals*
- Review your supplementation program*
- Do emotional release and balancing*
- Outline cleansing , parasite, and detoxification program*
- Review healing plants and foods*
- Use Quantum Biofeedback, Reiki, Healing Touch, Quantum Touch, Touch for Health,*
- Aromatherapy, Client Counseling*



Some of my specialties are diabetes, cholesterol, depression, fatigue, headaches, high blood pressure, healthy weight, hormones. I use my Life System and a supplementation program to help a person take responsibility for their healing.

I help people take the confusion out of which supplements (vitamins, minerals, herbals, homeopathics) they are taking, clarify if they really help and how to take them to be most beneficial, especially if they are already taking medication.

I am a Oneness Blessing Giver (Deeksha), practice Yoga, Reiki, Meditation, The Science of Medical Intuition, Ayurvedic Healing, Shamanic Journeying, am certified in several Energetic Medicine Modalities including Yuen Method, Touch for Health, Quantum Touch, Akashic Record Healing. I often use ERT (Energy Reflex Testing) as an evaluation tool and have the 38 Bach Flower Remedies I can prepare to personalize an emotionally balancing remedy.

Over time we collect too many different modalities to list.

I present workshops on the Akashic Records, Quantum Health, and present Chant Evenings.

One of my greatest joys is being a part of the Wise Women's Festival and the Festival of Awareness, held in Naramata each year. Spending as much time as possible with my husband and family of dogs enjoying nature fills my heart.