



EDEN ENERGY MEDICINE

FAQ's

What is Energy Medicine?

Eden Energy Medicine (EEM) utilizes techniques from healing traditions such as acupuncture, yoga, kinesiology, Qi Gong as well as modern science. It is dynamic form of health and self care which can address both physical and emotional issues.

Who Benefits from Eden Energy Medicine?

Any and all...those in good health and those who face challenges. As a species we've evolved to thrive and prosper with the energies that are part of our natural world yet we have become disconnected from them. EEM retrains the body to rely on the basic energy systems that support all life.

How does EEM work?

EEM works by revitalizing the body's natural energies to restore balance. It clears weaknesses, disturbances or blockages in the body enabling us to enjoy better health and well-being.

What does EEM involve?

EEM involves a range of energy balancing techniques:

- Holding, pressing, tapping, massaging or connecting specific energy balancing points (acupoints) on the skin
- Tracing specific energy pathways to increase energy flow
- Moving in specific patterns, motions or postures designed for targeted energetic effects

How does EEM align with the other integrative healing arts?

As a health intervention or practice, EEM is a highly effective, stand alone choice. EEM is complementary to any healing initiative, as well. Whether one is under conventional medical care, uses Chinese Medicine, nutrition Reiki, Reflexology, mental health therapy, meditation or fitness training, EEM powerfully enhances those health interventions.

How can I access Eden Energy Medicine for health and wellness?

Certified EEM practitioners offer one-on-one therapeutic sessions, EEM self-care classes, energy massages, presentations in medical facilities, wellness centers and private offices.

For more information:

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