

ESSENTIAL HEALING Newsletter January 2018

Hello and welcome to my latest newsletter. I wish to thank all my clients that have had treatments and attended events with me during recent months. The intention with this newsletter is to keep clients and readers up to date on current events, promotions & product information related to Aromatherapy & other services offered. I hope that the recent Festive Season and New Year has passed happily for all and that 2018 brings a great deal of pleasure.

The Body Code Case Studies – A Free Offer

I have been an avid student and practitioner of Holistic therapies and Energy Healing methods for many years. I am very enthusiastic about my latest venture, The Body Code. I qualified as an Emotion Code Practitioner in 2014. Using the Emotion Code releases emotions that have become trapped in the body, often for many years. Feelings of fear, anxiety, grief and much more can become trapped and cause many stuck or blocked areas in one's life, even health issues.

The Body Code is an advanced energy healing system that helps heal the body on multiple levels. Using TBC can help reduce pain, stress & tension, clear energetic blockages and many health imbalances within the body, increase energy levels and motivation, and helps each body system communicate with each other to provide optimum health. It is a comprehensive healing system that helps heal the root cause of an illness. The Emotion Code forms a smaller part of the greater Body Code Jigsaw puzzle.

As part of my passion to improve my own life and to help others improve their lives, I continue to upgrade my skills, and am studying The Body Code; I have completed the coursework and passed their exam with distinction. From now until the end of March, I am looking for case studies to help me complete the course and become qualified in this amazing and profound healing modality. If I can help you improve a problem that is significantly disrupting your life, such as any of the following: (1) A physical problem that causes chronic discomfort or another uncomfortable health condition (ie: headaches, infertility, back or neck pain, asthma, insomnia, fibromyalgia, chronic fatigue, allergies, IBS, etc.) (2) A mental or emotional problem (ie: depression, panic attacks, phobias, anxiety, PTSD, etc.) Sessions are conducted at my practice in Peterborough or via Skype. I am fully insured and licenced to carry out each session. I am required by the Governing Body (www.healerslibrary.com) to carry out each case study 4 times. **If you are interested and have an issue that you would like to improve or resolve, please contact me by email at info@janetthornton.co.uk or by phone on 07795 483462.** There is no charge for case study appointments. Many thanks for your interest.

What is The Body Code?

The Body Code is a state of the art healing technique. It was developed over several years by a holistic chiropractor, Dr Bradley Nelson, who teaches that true health means being balanced in 6 different ways: **Energies:** To correct this area of imbalance we use simple yet powerful energy work to identify and remove damaging emotional and mental energies that can become trapped in the body during stressful emotional events.

Circuitry: Here we balance the energy systems of the body including the chakras, the acupuncture meridians, the connections of the spiritual & physical body & the energy circuits of the organs & glands.

Toxicity: The Body Code can identify and address toxic agents that don't show up on medical tests as well as those that do. Removing them is simple and often immediate!

Pathogens: Destructive and often elusive infections can be easily identified along with any necessary remedies to rid the body of them.

Structural: Imbalances in the bones, organs, connective tissue, muscles and nerves can be treated non-invasively to gently restore stability to the physical body.

Nutritional: This can be straightforward nutrient deficiency as well as imbalances as dehydration, magnetic field deficiency or a need for a certain healing food or herb.

The Body Code is so effective because it allows us to find specific problems and simply remove them. There is no guessing game involved, just results.

How does it work?

Your subconscious mind is the ultra-intelligent computer system of the body; it knows exactly what you need in order to achieve balance in the six key areas of health. We use specific questioning, charts and muscle testing (kinesiology) to get precise answers from your subconscious mind about imbalances in your body that need to be addressed. To release or correct an energetic imbalance, The Body Code combines 2 important elements: the modern technology of therapeutic magnets and the ancient principles of Chinese Medicine.

A magnet acts as a powerful carrier for your practitioner's intention to release or correct the imbalance in your body. When that magnetically charged intention is placed into your body via the Governing Meridian (a major energy channel in the acupuncture system), it flows through your body instantly and either releases the body and either releases the negative energy or restores balance to the energy circuit. This procedure is non-evasive and pain free. Other imbalances may require a remedy, which may be tested and suggested accordingly.

The Body Code has helped:

Acid Reflux, Abdominal Pain, ADD/ADHD, Addiction, Allergies, Anxiety, Arthritis, Asthma, Back Pain, Bedwetting, Bell's Palsy, Blood Pressure problems, Cancer, Carpal Tunnel, Chronic Fatigue, Colitis, Constipation, Eating Disorders, Fibromyalgia, Headaches, Hip pain, Hormonal problems, Hypoglycaemia, Infertility, Insomnia, Irritable Bowel, Knee pain, Learning Disabilities, Knee Pain, Lupus, Migraines, Morning Sickness, MS, Neck Pain, Night Terrors, Obesity/Overweight, Organ Malfunction, Panic Attacks, Parkinson's Disease, Phobias, PTSD, Sciatica, Sinus Problems, Skin problems, Tennis Elbow, Tinnitus, Thyroid problems, Vertigo, and much more.

Is Great Health Possible?

The human body has a truly incredible ability to bounce back and heal itself from all kinds of stress, trauma, sickness and disease. But this self-healing ability is dependent on the right conditions; if the body is imbalanced, it won't be able to heal itself as well as it should. This allows problems to build up over time, some never fully being resolved. Most people are in this kind of state and suffering from it, but the good news is that this process is often completely reversible. Every kind of imbalance that can affect the body is outlined in The Body Code and each practitioner has been trained to help you find and remove each one of them, one by one. This is the most direct and most powerful way to restore health to the body, by making the conditions right for it to rebalance itself. Working with The Body Code has helped thousands of people create a profound shift in their emotional and physical wellbeing.

Health and Wellbeing Treatments and Special Offers in Peterborough

The following treatments are offered at my practice in Walton, Peterborough: [Aromatherapy](#), [Access Bars](#), [Energetic Facelift](#), [The Emotion Code](#), [Reconnective Healing](#), [Crystal Healing](#), [Reiki](#) and [Detox Foot Spa](#) treatments. For further information please visit my website at www.janetthornton.co.uk.

Special Offers

Special offers are also available. Currently there is a £5 discount on Aromatherapy Full Body Massage, Access Bars and Energetic Facelift, these are £40 instead of £45. Four of any of these treatments are £140. Gift Vouchers are also available. The website will be updated periodically.

Health and Wellbeing Products in Peterborough & Online

I also have a variety of natural health products at my practice and on the website. These include natural Aromatherapy Bath & Shower products, Essential Oils, Crystal Jewellery, Health, Well-being and Spiritual books, Product and Treatment Gift Vouchers and Nature's Sunshine products. Most are available in the online [webshop](#), and all are available from my practice in Peterborough. For questions, bookings and information, please contact me on the details below.

I look forward to seeing you soon! Many thanks, Warmest wishes for the New Year, Janet

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