

ESSENTIAL HEALING TREATMENT INFORMATION SHEET

This sheet provides a brief outline of the therapies that we provide:

Access Consciousness™ The Bars

There are 32 points or bars on the head. Activating these points by lightly touching them and allowing the energy to flow through these bars releases the charge that holds all the considerations, thoughts, beliefs, decisions, emotions or attitudes you have stored. After a bars session the worst thing that can happen is you will feel like you've had a great massage, the best that can happen is that it can be life-changing!

Access Consciousness™ Energetic Facelift

A fabulous way to rejuvenate the face and skin, and can also reverse the effects of ageing. Imagine having a natural facelift instead of spending time & money on products or surgery? Clients have noticed: Clearer, healthier skin and overall appearance, Improved eye-sight, Firmness of facial muscles and overall skin tone, a lessening of lines & wrinkles, Healing of and reversal of the scarring process, Greater sense of clarity, More energy; a 'body lift', A feel good factor and Greater confidence.

The Emotion Code

The Emotion Code is a way of releasing emotions that have become trapped in the body, sometimes 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, pain in the body and health issues. See relevant leaflet for more information.

Aromatherapy

Aromatherapy massage is the ancient art of applying essential oils to the skin using special hand techniques. The process helps with relaxation, to loosen tight muscles, unblock tissues and is soothing to the nervous system.

Reconnective Healing

A comprehensive NEW form of healing that not only includes but also expands *beyond* all known forms of Energy Healing. It helps us to connect with our 'inner selves' and bring about the Natural Healing Process from within.

Reiki Healing

Reiki is a form of hands-on healing which helps to bring balance to the body on all levels – physical, emotional, mental and spiritual.

Access Consciousness™ Cellular Memory

The Cellular Memory body process unlocks trauma in the body by going directly to the root cause, so that it returns to its natural state. It can be used on sore spots, sprains, scars, etc.

For a full list of treatments and further information on any of these, please visit see website at www.janetthornton.co.uk. To book a session, please contact: Janet Thornton on 07795 483462, or email info@janetthornton.co.uk.

DISCLAIMER

We do not claim to cure any medical problems. Our aim is to help provide healing for issues that are causing stress and discomfort in your life at the moment. Results of any of the sessions mentioned above may provide relief or elimination of symptoms, or address the root cause of any issue; no guarantees are made. **If you have concerns about your health, please visit your doctor.**

THE EMOTION CODE

Say goodbye to health & emotional issues and stress!

What is The Emotion Code?

The Emotion Code is the simplest way to get rid of your emotional baggage, helping you to feel freer, happier and healthier!

The technique was created and refined by a chiropractor, Dr Bradley Nelson, who realised that his patients' aches and pains were more than just physically based – they were emotional. Dr Nelson coined the phrase 'trapped emotions' – negative emotions that become trapped in the body during intense emotional events. Because the body is actually made up of pure energy, the negative energy of trapped emotions can exert a damaging force on the body, which worsens over time. Trapped emotions cause pain, self-sabotage, emotional problems and all kinds of emotional problems and disease.

Janet Thornton is a Certified Emotion Code Practitioner has been trained to help you discover and release your trapped emotions, which will help your body's natural ability to heal itself, often resulting in reversal of the disease process and the disappearance of emotional and physical ailments. The Emotion Code has been able to help all kinds of difficulties, including but not limited to all those listed below.

The Emotion Code is non-evasive, totally safe and requires very little time and effort on your part. No dredging up the past is required, which makes it very cost effective compared to other kinds of therapy.

How does it work?

The subconscious mind is the ultra-intelligent computer system of the body; it knows just what you need to be happy and healthy! The Emotion Code combines 3 main elements: 1) Specific questioning and muscle testing (kinesiology) to find information about trapped emotions from the subconscious. 2) The modern technology of therapeutic magnets and 3) The ancient principles of energy meridians in Chinese medicine. First a trapped emotion is identified. Then a magnet is used as a carrier for the practitioner's intention to release the trapped emotion. When that magnetically charged intention energy enters the body via the Governing Meridian (a major energy channel), the trapped emotion is released instantly, never to return. The process is quick and powerful, and the effects are long lasting. Great for kids and pets too!

The Emotion Code has helped:

ADD/ADHD, Addiction, Allergies, Back Pain, Bedwetting, Blood Pressure problems, Cancer, Carpal Tunnel, Chronic Fatigue, Eating Disorders, Fibromyalgia, Headaches, Hormonal problems, Infertility, Insomnia, Learning Disabilities, Morning Sickness, MS, Neck Pain, Night Terrors, Obesity/Overweight, Parkinson's Disease, Skin problems, Tennis Elbow, Tinnitus, Thyroid problems, Vertigo, and much more.

What can I expect?

Most people say The Emotion Code helps them feel lighter and more free, and we frequently see the disappearance of major health and emotional issues too! Your results will depend on how many trapped emotions you have and how quickly your body responds after they are removed. Releasing trapped emotions can help restore balance to your body, enhancing your body's natural healing abilities.

To book your Emotion Code session, please contact: Janet Thornton on 07795 483462
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