

Get Profound Relaxation as You Strengthen Your Immune System This Winter

by Adora Deva

During these busy times and times of change we really need to good better care of ourselves. Andrew Weil, MD says, *“Health is wholeness and balance, an inner resilience that allows you to meet the demands of living without being overwhelmed.”* So how do you take care of yourself? Do you take walks? Exercise? Meditate? Eat healthy meals? Practice Yoga? Get a relaxing massage? These are just a few of many wonderful ways that we can take care of ourselves to re-claim and maintain our valuable health and wellbeing.

An innovative way to nurture yourself, boost the immune system and provide yourself with profound relaxation is by treating yourself to an Advanced Light Therapy session. Several wonderful things occur during sessions that help you to really relax. One being the lowering of your Cortisol levels. That alone provides deep relief. At the cellular level the photons of light are transformed into ATP which is the life force or energy currency of all living bodies. This stimulating of your immune system giving you a renewed sense of well being.

During a Light Therapy session your brainwaves are also lowered to deeper and deeper levels of relaxation with the entrainment feature. During the last 20 minutes your brain activity is lowered to deep-theta brainwaves where significant brain repair occurs. When you are deeply resting your “feel good” hormones get stimulated and by the end of the session, you feel that you have had a profound experience like a mini vacation. By relaxing deeply and having your body rejuvenated by the effects of the Advanced Light Therapy session you are provided with more energy to live your life to the fullest.

Meet the Inventor - If you're interested in attending a Light Therapy Presentation with the inventor, Mellen Thomas, please contact me to find out when the next free presentation is. In my practice, I can combine Therapeutic Massage, Energy Medicine and Hypnotherapy with your Advanced Light Therapy sessions. Package prices are available.

During the month of December I am offering a free Light therapy session with purchase of a \$100 gift certificate. Please check out my website and call or email to schedule a session for your well-deserved healthy nurturing and rejuvenation.

Adora Deva, CCHT, CMT, Reiki Master, Certified Advanced Light Therapy practitioner can be reached at:

adoradeva@got.net (831) 566-9678 www.lifespirithealing.com