



Peak Performance Therapies: Energy Medicine

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This worksheet is a supplement training guide to “Peak Performance Therapies: Energy Medicine” video published on June 1, 2016.

Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

This guide is the fifth video of our peak performance video series. We believe on having a team of highly skilled and experienced practitioners servicing all of your health requirements and needs. In this video, we discussed about energy medicine. What is it? How it can help you?

What is Energy Medicine?

Energy medicine is a great tool complement to other approaches to medical care for self-care and self-help. It can help address physical illness and emotional or mental disorders, and can also promote high-level wellness and peak performance.

It is said that you can heal the body by activating its natural healing energies; you can also heal the body by restoring energies that have become weak, disturbed, or out of balance.

Energy medicine has been used to:

- treat illness and relieve pain
- stop the onset of illness as soon as it begins
- stimulate immune function
- relieve headaches
- release stress
- enhance digestion
- relieve arthritis, neck, shoulder, and low back pain
- increase performance (sharpen your mind, improve memory, and increase vitality)

Define your purpose? What is the reason for you to consider chiropractor? Is it to cure pain, increase flexibility, enhance your performance?

Once you have the reason, you can easily build a peak performance team. This peak performance team will work with you to develop a program suited to your individual needs; and will always implement the highest quality and most advanced treatment strategies available. Team members may include nutritionist, naturopaths, acupuncturist, massage therapists, physiotherapists, chiropractors, etc.

What therapies will be part of your team?

Our JTPG and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

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www.tchpp.com and www.journeytopersonalgreatness.com