

# Anxiety or Panic Attack Relief with *Energy Kinesiology*

at



**Marge Bowen**  
**Certified Energy Kinesiologist Level 3**

Energy Kinesiology: A client-directed approach for identifying key body/mind issues that uses appropriate tools to create lasting, life change.

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## **ANXIETY/PANIC ATTACKS**

Anxiety and panic attacks can keep people from really enjoying their life. These powerful reactions often surface because of deeply held “survival” emotions. Scientifically speaking, what is actually happening is that the part of our brain known as the Amygdala initiates these important survival emotions that are designed to keep us safe. The resulting response can be a range of emotions including fear, threat, danger, anger, rage and pain ---even when your conscious mind *knows* the situation does not warrant such a response. At this point, **you may experience sweating, hyperventilating, numbness and an ability to move out of this place of fear.** Studies have shown how powerfully Energy Kinesiology can work to create a change in brain function and integration to stop these reactions.

### **Energy Kinesiology**

Energy Kinesiology offers a powerful combination of “tools” to access our subconscious programming. It provides techniques you can use at home to **stop the fear and anxiety cycle.** It supports awareness of thoughts and beliefs that feed the anxiety and offers ways to calm your nervous system in order to avoid moving into anxiety and/or panic.

Anxiety and panic attacks can be devastating and confusing. The feeling of losing control of one’s mind or body is so frightening that it feeds into the panic cycle. Tools are available to assist your mind/body/soul in letting go of old programs and adopting more powerful thoughts and emotions that support you.

Using Energy Kinesiology techniques, Marge Bowen can help offer you hope to stop this cycle and move forward with your life.

### **Benefits of Energy Kinesiology Work:**

- Great calm and peace
- Increased awareness of thoughts that increase anxiety
- Improved muscle function and relaxation
- Freedom to be who you are
- More joy in life

**What to Expect:**

You will be lying fully clothed, on the massage table. Marge will find the survival emotion that is firing, the age it started and any psychological component that keeps it in place. Necessary dialogue will occur to support you in becoming aware of existing thoughts that are linked into this survival mechanism. In addition, muscles, organs and energy channels will be identified that are influenced by the survival emotion. The intelligence of your body/mind, your own self-awareness and biofeedback techniques utilized in Energy Kinesiology work together to gently move you back into a healthy, happy state.

**Suggested Treatment Approach:**

Energy Kinesiology work requires a 4-session minimum for us to uncover key issues for change and for some clients to begin to feel the effects of the work. The number of sessions is based on the complexity of the issues as well as your motivation for change. Our sessions will last for 1 hour each week for the first 4 weeks. Further sessions may be required and will be determined on a case-by-case basis.

**Fee:**

**\$300** package includes 4, 1- hour sessions booked within a 6-week period. All packages must be prepaid.

**Booking Policy:**

When you book a treatment, credit card information will be taken to hold your reservation. We will call you the day before your appointment to confirm your scheduled session. In the event that you need to cancel or reschedule your appointment, we require a phone call notice by 5:00 p.m. the day prior, or your card will be charged 50% of the scheduled services. Any appointment booked the day of service will be charged in full at the time of booking, and is non-refundable. No shows will be charged the full dollar amount for their missed appointment. Please note that scheduling an appointment is your acceptance of this policy.



***Marge Bowen***  
***Energy Kinesiologist***

Marge Bowen has a BA degree and is a Certified Energy Kinesiologist, Level 3 and Licensed Massage Therapist. She began her path in the healing arts in 1998 and has continued her studies in various forms of energy healing and Kinesiology with experts from around the world. She is certified to teach Touch for Health, Kinergetics and Agape. She is immediate Past President of the Energy Kinesiology Association.

Marge has great passion for Energy Kinesiology and how it has helped clients experience positive changes and benefits to their health and performance. Marge specializes in brain integration for children and adults to help with learning and life challenges by focusing on survival mechanisms in the neurology, physiology and the emotion of the subconscious mind. She also works with women’s hormonal issues, allergies, fatigue and pain.

Marge often speaks to groups about Kinesiology and how it can help people get what they want in their lives, including improved health. Marge and her family live in Midway, Utah.

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**Balance** is a wellness-based center that offers therapeutic services, ongoing client education opportunities and natural and organic products that promote health and overall well being. We strive to provide quality care and a calming atmosphere to nurture your body, mind and spirit on the physical, mental, emotional and energetic levels.