

Energy Imbalance

Our modern fast-paced American lifestyle and diet can wreak havoc on health and wellbeing. Day-to-day activities like juggling work, family, finances, school, and social outings can be anxiety provoking and place stress on the body.

According to the ancient Indian health system of Ayurveda, the body has seven main energy centers (chakras) that are positioned along the midline of the body that influence our mental, emotional, spiritual, and physical health. Whenever these swirling vortexes of energy become stagnant, illness can result.

One way of providing your body with extra support to combat the stresses of day-to-day life is to regularly have your chakras cleared by an experienced practitioner. Energy flow is corrected through a variety of techniques (color, light, crystals, etc.) which induces calm, relaxation, and aids in vibrational healing.

Contact Stephanie Martin for more information or to schedule an appointment.

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