

# REDUCE STRESS

#HAPPYISTHENEWBLACK

**-REDUCE-**



PHYSICAL

+



MENTAL

+



EMOTIONAL SYMPTOMS

**90** MINUTE SESSION

HELPS MANY TYPES OF STRESS



SITUATIONAL

AND  
OR



CHRONIC

## EMOTIONAL FREEDOM TECHNIQUE

TALK ABOUT STRESS

TAP PRESSURE POINTS

GET ON WITH LIFE

HELPS STRESS-RELATED:

- TENSION
- HEADACHES
- MUSCLE PAIN
- ADDICTIONS
- DEPRESSION
- HOPELESSNESS
- CREATIVE BLOCKS
- LACK OF MOTIVATION
- EATING & SNACKING
- WEIGHT-GAIN
- CRAVINGS
- ANXIETY
- TRUAMA
- ANGER
- PTSD
- OCD



BENEFITS:



HEALTHY BODY



HEALTHY MIND



HEALTHY SOUL



HEALTHY SPIRIT

LOCATION:



LOS ANGELES, CA

**- CALL JACKIE -**

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