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The Whole Person Well-being Equation

Elisabeth Hines

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Understanding and rewriting your 'symptom equation' is crucial to optimum health. Finding the cause of your chronic and unwanted symptoms can be like looking for a 'needle in a haystack'. Learn how to get to the root cause of your symptoms and eliminate them, so that you can get on with your life and the pursuit of meaningful goals. Join satisfied clients who have used my holistic protocol to rewrite their 'symptom equation' and become symptom free. Read what people are saying about THE WHOLE PERSON WELL-BEING EQUATION: “I like the concept of a workbook because I know from my experience to make changes you have to show up for practice. If you can learn to care for and about yourself the tools available here will enhance your life and body's potential for healing” Bernie Siegel, M.D., author of A Book of Miracles and Faith, Hope & Healing "That butterfly reminds me of the crippling caterpillar phobia I had for over 50 years. When you fear something you see them everywhere and it was so embarrassing and crippling. Thanks Elisabeth for curing me. I know you don't want to take the credit but if I hadn't met you I would not have been 'cured'. I sound like a broken record but I can actually touch these creatures now and be amazed I can do that!!! If I could I would send anyone with a phobia to you." Mary Cordeiro "The workbook makes tangible what can be construed as spiritual healing into something that can be followed with your eyes and pencil. This helps in understanding and actually seeing what your body is doing; without only using intangible (potentially spiritual) reflections." Aamir A., Gatineau, Quebec "Thank you Elisabeth for your extensive knowledge and insight with the physical body. I look foreword to meeting with you again and welcome your caring and compassion towards health and wellness. I have changed my beauty products and already notice a difference with my skin. As the days go by my friends and family are noticing the healthier glow. You are a blessing to everyone you share your knowledge with. Warm hugs." Shelley DeGier. Yoga Instructor Gerda Hammond commented on the upcoming Embracing Change Retreat on September 27 & 28, 2014 at the Cambridge Butterfly Conservatory: "Looking forward to the workshop! Manifesting change in my life started with letting go of old beliefs and embracing new ways of thinking. Doing things differently, I am becoming a truer version of myself".

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