



---

## ***Gainesville Holistic Health Center***

**8006 Crescent Park Drive**

**Phone (571) 248-0695**

**Email : [ghhcenter@hotmail.com](mailto:ghhcenter@hotmail.com)**

**Gainesville, VA 20155**

**Fax (571) 248-0964**

**[www.drstephane.com](http://www.drstephane.com)**

---

### **LEARN TO FULLY LIVE ...**

The human body is a network of different forms of energy. It is this system of energy that sustains the physical body. Each living cell in the body emits electro-magnetic radiation. Each cell also has a positive and negative charge. We know that the cells of one's body are nourished by nutrients the body derives from food one eats. We also know that apart from the food we consume, the oxygen we breathe in also nourishes the cells of the body. However, what we do not know is that aside from these two nourishing agents, our cells are also constantly bathed in a continuous stream of life force energy. This energy has as many names as there are civilizations: Chi (Chinese), Ki (Japanese for Reiki), Prana (Indian Yoga), Mana (Polynesia), Rauch (Hebrew), Baraka (Islamic), Bio-Plasmic Energy (Russian), and Divine Light (Christians).

To visualize how this energy system works, imagine each cell in the body as a miniature battery. Then visualize the movement of energy from one battery to another yielding a charged energy field. Now, imagine millions of such a battery and visualize energy flowing from all these batteries and the energy that radiates from them. All human beings and living things have their own fields of energy surrounding them. However, living things are not the only creatures that have fields of energy surrounding them. There are various forms of natural electro-magnetic waves that occupy the atmosphere. How do these natural electro-magnetic fields affect us? Hippocrates, "the Father of Modern Medicine", was also a believer of curative energy patterns that emanated from the earth and atmosphere. He believed that one's surroundings had an impact on the status of one's health.

In Energy Healing disease stems from a weak-ness or a disturbance in these energy patterns: wherein the system of energy is out of balance and not in harmony with the human body. Healing takes place with the body activating its natural healing energies. The healing process also restores energy patterns that have become compromised by nurturing the weak links back to health. The energy fields that organize and control the growth and repair of cells, tissues and organs are the main emphasis of energy medicine. Energy Healing also looks at how to influence these existing fields of energy.

Looking back at the great civilizations of the past whether in Greece, China, Persia or India, healers looked upon an ailing individual in totality. The individual was treated as a whole being - a being made up of mind, body and spirit. Often this holistic approach included, amongst others, viewing illness from the perspective of the body's life force or energy. In fact, some of the great philosophers and healers of the past have acknowledged the role of energy in man's well-being.

The function of the energy channel system is to ensure vitality and balance, remove blockages, adjust metabolism, and even determine the speed and type of cellular change. The energy channels affect the physiological system. These include the immune, nervous, endocrine, circulatory, respiratory, digestive, skeletal, muscular, and lymphatic systems. Each physiological system is supplied with energy by at least one energy channel. If there is no energy flow or if the flow in that area is unregulated, the system is compromised.

In Traditional Chinese Medicine there are fourteen tangible energy channels that carry energy all over the body. These are the acupuncture points, and they can be illuminated with needles or physical pressure to release or redistribute energy along the energy channel pathway.

Positive energy flows freely in energy systems bringing vitality and health. Obstructed, stale or unbalanced energy is the result of negative fields of energy. When energy pathways are blocked, free flow of vital energy is prevented. This brings about an imbalance to the energy system and can lead to diseases.

Many factors can affect the optimum functioning of the body's energy field. Any form of stress whether physical, emotional, mental or environmental can compromise the health of the bio field. Extreme stress can compromise the harmony and balance of the physical body. The human body is also subject to various man-made electro-magnetic fields that disturb the energy force. Living in this era of technological development, man is constantly being bombarded by unnatural electro-magnetic fields produced by the various household electrical appliances. This is why in modern societies there appears to be an exponential increase with dis-ease.

Apart from man-made natural fields, certain geographic regions also emanate fields that can have adverse effects on the human body. Some underground streams and underground crystalline deposits may produce abnormal magnetic fields that can have a negative impact on man's health. These fields may contribute to what is referred to as geopathic stress. There is now a growing body of evidence that seems to link geopathic stress and cancer.<sup>1</sup> The Asyra Screening available at the Gainesville Holistic Health Center is able to detect geopathic stressors. The Asyra detects these energetic disturbances early on, revealing deficiencies, sensitivities, imbalances, stresses and much more.

As one ages there is a corresponding decrease in cellular energy levels. Outwardly this decline in energy levels presents as acute tiredness, lower levels of libido or sexual dysfunction and being susceptible to age related diseases. What happens when there is an injury or diseased state? In a diseased state or where there is an injury there is swelling and stasis in blood and lymphatic circulation. Laboratory tests also show that in diseased states and in injury, red and white cells tend to clump together.<sup>2</sup> By incorporating Energy Healing therapies the flow of the energy can assist the healing process.

It is a commonly accepted fact that the brain works with the nervous system to control the various functions of the body's organs and systems. The nervous system is extremely sensitive to electro-magnetic frequencies from the environment. Man is constantly being bombarded by these fields of energy whether he is at home or at work. Most electrical equipment radiates 60 HZ frequencies and at this frequency it is able to interfere with the proper functioning of the nervous system. This can in turn lead to a disturbance of the body's homeostasis. The waves that can cause such disorientation may have its source in simple appliances such as the radio, television, computers, mobile phones and microwave ovens. This is why a combination of chiropractic care and Energy Healing Therapies helps maintain optimal health.

The brain has its own vibrations. The human brain uses these vibrations to communicate within itself and with the rest of the body. The waves emitted by the brain are measured using equipment called the EEG or the electro-encephalogram. There are four classifications of brainwaves. These are the Beta waves (13-40 cycles per second), Alpha wave (7-13 cycles per second), Theta waves (4-7 cycles per second) and Delta waves (1/2 - 4 cycles per second).

Man's waking hours are linked predominantly with Beta waves where there is physical exertion. Alpha waves on the other hand are associated with a restful mind and a relaxed state of being. Also if this frequency is transmitted throughout the body, this could assist the cells in the body to achieve a particular resonance which is essential to optimum health. This is why Emotional Release and Emotional Clearing sessions are important to add to a healthy lifestyle.

Did you know that by eating the wrong foods, the energy from these foods is assimilated into your system? For example, many meat and chicken are produced in artificial environments where the animals experience a high degree of suffering and stress for their whole lives. This energy is what you are taking in when you consume these types of animal. Most farmed fish contain many toxins. If you want to consume these items, make sure that they are bred and raised in natural environments.

One of most basic laws of science is energy cannot be created or destroyed; it can only be changed from one form to another. This is the mission of the practitioners at Gainesville Holistic Health Center; we want to guide you on a journey towards transforming your energy levels: minimizing negative energy and maximizing positive (life force) vitality so that you may find the “REAL U” again.

Many also succumb to being victims of verbal negative energy such as criticizing, complaining, being egotistical, judging are all negative energy and will create a vortex. Talking about things in a positive way will increase positive energy. You should always speak highly of people and see the best in them. Plus, if you say something bad, this is exactly what is inside of you as well. The medical field is now beginning to acknowledge that the attitude of the patient has a very large impact on how fast that patient heals or even on whether he/she survives a certain procedure. A patient with a positive outlook for the future has a better chance of being cured or healed. Come and become a part of the GHHC family and allow yourself to truly **L**et go of negative energy and **I**ncrease your **V**itality to feel **E**mpowered!

**Please contact Gainesville Holistic Health Center at (571) 248-0695 or Email us at [ghhcenter@hotmail.com](mailto:ghhcenter@hotmail.com) to learn more about the services provided by our team of practitioners dedicated for your Emotional Wellness!**

<sup>1</sup> Excerpt from an article written by Dr. Joseph Mercola, “The Relationship between Solar Storms, Geopathic Stress, and Health”

<sup>2</sup> An Introduction to Scalar Energy Part 3 -- Diseases, Cellular Nutrition and Detoxification.  
<http://www.scribd.com/doc/15815714/An-Introduction-to-Scalar-Energy-Part-3-Diseases-Cellular-Nutrition-and-Detoxification>