



Between The Waves Webinar Series

Improving the Quality of Life

Now is the time to prevent, prepare, and share how we can boost our immune systems, reduce stress, and stay as healthy as possible in 2020.

Webinars are:

- Between 45-60 minutes;
- Provide resources for those who wish to "deep dive;"
- Based on popular topics such as weight loss, how to quit smoking, and stress management tools;
- Offering fresh content based on cutting-edge research, technology, and practice.

They're happening! Here are a few topics available now:

Tapping for Stress, PTSD, Phobias, and Withdrawal Symptoms: Try It On Everything!

- What is it?
- Brief history: how early adapters evolved the techniques
- Success stories: highlights from 30+ years of case studies: PTSD, phobias, chronic neck pain
- First: four points, then a few more
- Q&A

Rewiring Your Brain: Baby Steps, Your Internal Pharmacy, and Building A Superhighway

- Positivity and negativity bias: how your story about yourself filters what you see and hear
- Kaizen breaks it down
- Stress, chemistry, and disease
- Brain chemistry 101: The big four and how to fill each Rx yourself
- Examples and Exercises
- Q&A

The Doctors: A Chain of Researchers, Teachers, and Healers

- Basic vocabulary: different kinds of doctors
- Not all healers are physicians, and vice versa
- East Meets West and Science Affirms Ancient Mysticism
- Recommended technology and books
- Q&A



Frameworks For Healing, Part 1

- What does "healing" mean to you?
- Fast Track Technique for Kids
- Fast Track Technique for Grown-ups
- Q&A

Frameworks For Healing, Part 2

- What healing would you like to create in your life?
- Chakras, Ho'oponopono, and The Work
- Breathing, the pineal gland, and healing
- Fast Track Technique for Grown-ups, Part 2
- Q&A

A New Relationship With Food

- What are your favorite foods?
- Eating the rainbow, especially greens
- Juicing: Joe Cross and Anthony William
- Clean v Organic, Paleo v Vegan....
- Q&A

Customized Webinars Address Your Specific Concerns and Needs.

***There may not be a CoViD-19 vaccine for a while,
so for NOW, boost your immune system with new ways to "be."***

***Stress causes at least 90% of all disease.
Fortunately, STRESS is something you and your loved ones
can learn to control.***

One-on-one sessions are also an option by appointment.