

"Your issues are in your tissues." Welcome to your authentic whole-life healing.

# The Root Of It

## Centre for Well-Being



### Are You Ready For ECMR® at The Root Of It?

#### Ask yourself:

- Do you feel weighed down by emotions or stress?*
- Are you feeling stuck, blocked, numb or disconnected from life?*
- Are persistent habits keeping you from reaching your full potential?*
- Do memories shape your feelings negatively?*
- Are you faced with burdensome physical symptoms or injury?*



### Benefits of Emotional Cellular Memory Release®...

ECMR® work gets to the root of any challenging life issues, clears out the current negative, unconscious and learned, cellular patterns of stress and allows you to access your highest health and well-being. **Emotional Cellular Memory Release®** uses your body's natural healing potential and wisdom to promote new, positive, healthy cellular regeneration responses to life. Cellular Memory Release is not a therapy. Therapy is focused on your experiences of the past and works with the Mind for relief. ECMR® however is a Brain-Body based intervention that deals with how your cells respond to your experiences in the "NOW" to enhance your cellular responses.

### What Is Emotional Cellular Memory Release®?

ECMR® for adults, seniors, adolescents and children is a simple step-by-step road map to **accessing and releasing the blockages** that are preventing you from reaching your healing goals. **This deeply relaxing technique is a gentle method of releasing cells in the body that have "shut down" due to lack of coping to current situations of stress.** It can be applied to every area of your life to enhance your well-being and create freedom from your problems. **When you get to the root of your stress, clear unconscious blockages and release them, you welcome circulation, freedom, relaxation, ease, success, happiness and new, healthy patterns of response into your life.**

#### Physical Blocks

- Medically Undiagnosed Symptoms
- Dis-ease of the body
- Physical pain
- Repetitive patterns of illness
- Fatigue/Exhaustion
- Genetic disorders
- Palliative/spiritual transitioning
- Repeated injury to the same area
- Digestive imbalances
- Immunity issues
- Sexual dysfunction
- Fertility blockages
- Heart Dis-ease
- Degenerative disorders
- Insomnia
- Weight pattern issues
- Utero development/enhancement
- Birth preparation
- Learning blockages



#### Emotional Blocks

- Anxiety/stress
- PTSD/Trauma
- Sadness/Blues
- Self worth/confidence issues
- Eating disorders
- Self-harm issues
- Self-sabatoging behaviours
- Negative life pattern repetition
- Cycles of abuse
- Abundance blocks
- Addictions
- Sadness/Fear/Anger/Grief/Loss
- Unhealthy controlling tendencies
- Abandonment issues
- Negative mind-talk
- Criticism/Judgmental tendencies
- Unconscious limiting patterns of behaviour
- Boredom/apathy/lack of motivation

*and so much more...*

### Who Can Cellular Memory Release Help & How?

- Adults, Seniors, Adolescents, Children (ages 0-18 yrs) & non-verbal clients
- Can be administered in person via telephone or online

**To Book Online Visit: [www.therootofit.ca](http://www.therootofit.ca)**

85% of physical ailments have an emotional root cause from stress- Dr. Candace Pert