

Aventura Therapist Helping Patients Find Healing and Relaxation



Nejume Grodziensky, a Reiki Master and Certified Hypnotherapist, is following her life calling to help others find healing and deal with the stress of life in South Florida. For the past two decades Nejume has been studying the ancient technique of Reiki, along with meditation, hypnotherapy and regression therapy. Nejume offers techniques to guide stress relief and relaxation. She currently conducts weekly classes in meditation in Reiki at Aventura Hospital and Medical Center and the Bay in Mystic Pointe, as well as private sessions.

Multiple studies have shown that stress is a contributing factor to a number of health problems. According to the American Medical Association, stress is a factor in more than 75% of all illness today and the Centers for Disease Control reported that two-thirds of family physician visits and half of the deaths to Americans under age 65 are related to stress. Complications from stress include: headaches, backaches, muscle tension, heart attack and high blood pressure, high cholesterol, some types of cancer, insomnia, ulcers, and rheumatoid arthritis.

Studies have also shown that Meditation and Reiki can help alleviate stress because it affects the function of the brain, and help patients feel happiness after a session. Many medical doctors are now incorporating them into their practices or recommending it for their patients.

Ana Liebesman began seeing Nejume two months ago after seeing an ad in the paper. A native of Argentina, Ana had experienced a lot of pain in her life, which left her angry and bitter. She sought help from Nejume in order to feel alive again. "I was going through a personal crisis, as well as dealing with living in a new country," Ana says. "Seeking help from Nejume has turned out to be one of the most important decisions I've ever made."

Private sessions focus on relaxation and mental well-being. Soft music plays in the background, and Nejume's soothing voice helps guide patients toward a heightened awareness of their bodies and minds. "Sessions always leave me feeling cleansed and comforted, like I can handle the problems that come my way," Ana continues.

One method of healing incorporated by Nejume is Reiki, an ancient technique that was developed several thousand years ago in Tibet. The technique is based on the energy that emanates from the hands of the Reiki Master. It releases the accumulated stress, heals the body, mind and spirit, and guides people to physical, mental, emotional and spiritual paths. Reiki is pure, healing energy and promotes wellness, balance, well-being, inner peace, and harmony.

It is a technique that has helped Ana face life with a new attitude. "Nejume has taught me that I need to accept changes and look forward to the future instead of fearing it. I now know that I can work through my problems instead of being trapped in anger and bitterness."