



# **H.E.A.R.T. Human Practitioner Manual: Helping You to Heal the World, One H.E.A.R.T. at a Time**

*Dr. Sherrie Reimers ND, Dr. John D'Amanda DC, Dr. Sherry L. Bresnahan DC*

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Holistic Energy Activation & Realignment Therapy (H.E.A.R.T.) is an integrative method of natural healing with roots in the Wisdom of the Ancients. The technique combines many time-proven healing modalities (such as reflexology, auricular therapy, accupressure, polarity and breath work) with essential oils, herbs and homeopathics to balance the body, mind and spirit. This method is easy to learn, so that anyone, regardless of health training (natural or otherwise), can learn to keep their loved ones healthy. H.E.A.R.T. is being used by chiropractors, veterinarians, massage therapists and healers of many modalities to enhance and expand their other work. This book provides reference, information and instruction for H.E.A.R.T. practitioners, to help them Heal the World, One H.E.A.R.T. at a Time.

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