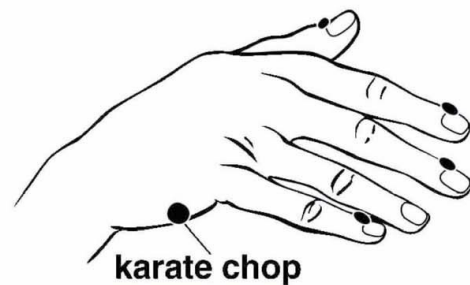
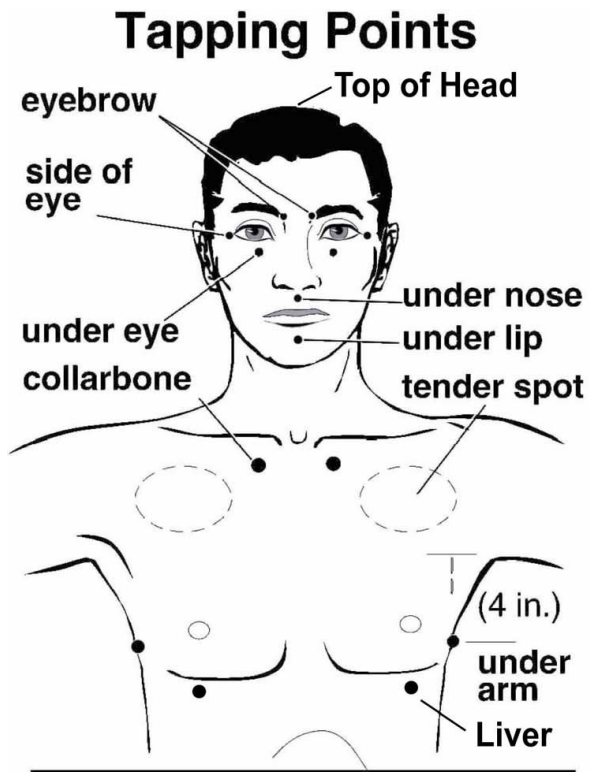




Emotional Freedom Techniques
A Universal Healing Aid
www.emofree.com



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Emotional Freedom Techniques and Energy Therapy

Nanette Pugsley has been working and studying in the areas of personal and spiritual growth for over ten years. She is a Licensed Massage Therapist, CranioSacral Therapist, and an Advanced EFT Practitioner.

“My passion is helping people to transform their lives. As an Energy Therapist I help people release negative blocks, fears, past traumas, even ancestral issues stuck in their bodies. As every emotion has a vibrational energy, we replace the old, low vibrational energy with higher vibrations of joy, confidence, peacefulness, and freedom. Shifting energy heals on a physical, mental and spiritual level. There is no greater joy in my life than helping people heal themselves and become the person they always knew they were. I simply love it!!”

“After using EFT for four years on hundreds of clients, I have not found its limitations or boundaries. It has been the most useful and transformational tool I have used for my own personal growth process.”

Nanette has many clients throughout the United States who have their sessions over the telephone.

The Sky Is The Limit

Helping Others Achieve More Joyful, Peaceful, and Productive Lives

Assisting clients to conquer:

- Stress, Anxiety & Fear
- Frustration, Guilt & Anger
- Depression & Grief
- Addictions & Cravings

Helping people overcome:

- Weight Issues
- Limiting Beliefs & Self Doubt
- Migraines & Chronic Pain
- Past Traumatic Issues

Learning how to improve:

- Personal Effectiveness
- Sports Performance
- Self Esteem & Confidence
- Emotional & Physical Health



Addressing the Cause

There are several meridian or energy-based therapies available today. However, *Emotional Freedom Techniques*, founded by Gary Craig, is the fastest growing, easiest to learn, and most user friendly of these techniques. Unlike acupuncture, you simply tap or touch very lightly on specific meridian points, mostly on the upper body and face, sending small shock waves or soothing pulses throughout the meridian system. By performing this systematic stimulating or tapping of the meridian points, while addressing a specific problem, the emotional issue gradually disappears. This simple process balances and re-energizes the system, often in a matter of minutes, clearing blockages and dissipating the negative emotions as you do so.

It is undeniable that negative emotions can greatly impact almost every aspect of our lives. When we are angry, stressed, fearful, depressed, or anxious, it's difficult to function at our best.

There has been much research done recently by such well-known names as Louise Hay, Deepak Chopra, Candace Pert and others about the connection between unresolved emotional issues and our physical health.

EFT almost sounds too easy and too good to be true. But it is real.

Using EFT and other energy therapies, it is possible to revisit the event(s) in question, and balance the disturbed meridians. Properly done, both emotional anguish and the physical symptoms often subside.

You can't possibly comprehend the power of this extraordinary process until you have experienced it for yourself.