

August 2016 | Mentor Session | Amy Crawford, CTC Master Therapist

HOT TOPIC: Amazing discussion of health, happiness and gratitude.

MORE INFO ABOUT AMY HERE: <http://www.theholisticingredient.com/>

How did it all start?

- I had chronic fatigue syndrome in 2011
- Suddenly sick, getting sicker and sicker and after my diagnosis I was so unwell that I needed to move to Tasmania to live with my Mum and Dad at the age of 39
- Throughout this process I had absolutely no idea of what I was going to do with my life. I just knew I that I wouldn't be going back into corporate.
- I became passionate about wellness because of my journey.
- Also during that process I discovered the incredible power of energy healing
- I never used to be spiritual, I was probably in a way skeptic.
- This led me to set up my blog and Instagram where I share anything helped me return to healthy. Including mindset, low tox living and recipes.
- This all led me to Combined Therapy Cocktail.

What is CTC?

CTC = Combined Therapy Cocktail also known as 'Cut The Crap'. The reason it's called Combined Therapy Cocktail is because that's exactly what it does it. Combines different therapies in to one session.

- It combines NLP, Reiki, EFT, hypnosis.
- Identifies blocks, limiting beliefs and issues that are holding you back. Could be just a feeling of not being good enough, the fear of what people think, the fear of public speaking, could be anxiety, could be illness, issues with weight loss whatever it is.
- Doesn't necessarily treat symptoms, finds the root cause that created the negative feeling. And then manifested into an illness over the years.
- It actually works within 2 hours.

What's your daily routine like?

- Gratitude every night will lead to a better sleep and more positive filled morning.
- We have the power we get to decide how we feel every minute of the day. You are the power, you get to decide what you do to that energy. You get to decide what you think and feel everyday.
- Everything you think, so you becomes your reality.



Let's talk about Reiki

- When you do become a reiki practioner become very sensitive to energy and you can do it anywhere.
- You can give it to yourself.
- Reiki is not affected by time or distance. Reiki climbs all over the world. Can be performed via skype.
- The energy knows where to go within the body.
- The energy the blockages in the chakra if left untouched, it can lead to illness.
- It's just the most beautiful process of energy transfer.

3 top tips for health and wellness

1. Get outside in nature.
2. Eat as close to nature, food is on this planet to heal us. I tend not to eat food out of packets. Remove toxins.
3. It's down to mindset, you get to choose how you think, what you think everyday becomes your reality.

DISCLAIMER: As Health Coaches, we understand that everyone is different and our most important message to you is do what works for you and what makes you feel good. This information aims to provide you with ideas on how to live a healthier, happier life. We encourage you to see a medical professional before starting any new lifestyle change.