



What is Naturopathic Emotional Release?

Naturopathic Emotional Release™ or NER is a tool to help identify and process underlying emotional blocks.

These underlying emotions can contribute to disharmony in the body leading to symptoms or undesirable patterns or behaviours. NER is a process of assessing the subconscious through muscle testing and processing through acupuncture points and Emotional Freedom Technique points.

NER helps to interpret the physical manifestation of emotional issues so you can get to the heart of the issue and trauma held inside the body that is blocking health and wellness.

It's a tool to address self-sabotaging behaviours and helps to create lasting behavioural change to achieve goals with ease.

NER can help to process stress and stress patterns resulting in improved wellness and better mental health.

Who can benefit from Naturopathic Emotional Release?

NER can be used with all ages and for all sorts of issues. Any type of stress, symptom or sabotage pattern can be assessed to see if there is an underlying emotional driver that is contributing to disharmony in the body.

If you have been through trauma or don't wish to discuss the details around particular events, feelings or emotions, NER can still process the stress providing huge healing and transformation as well as privacy.

NER can be helpful with:

Anxiety	IBS
Auto immune disease	Low self-esteem
Bed wetting	Menopause
Chronic conditions	Mental health issues
Constipation	Night terrors
Cancer	Organ dysfunction
Depression	Pain
Digestive disorders	Phobias
Eating disorders	PMS
Emotional issues	Self sabotaging behaviour
Fears	Sleep issues
Fertility challenges	Stress
Food aversions	Trauma and grief
Headaches	Weight loss
Hormonal imbalance	



Consultations available in clinic or telehealth.

6-Week online program "The Burnout Breakthrough Method"

www.griffithwellnessclinic.com