

NATURAL BODY WISDOM

Tap in to your own innate intuition about herbs, nutrition and more. This workshop explores several widely used techniques for accessing knowledge you already have.

Applied Kinesiology—also known as “muscle testing” is used by many natural health practitioners such as chiropractors as a way to check nervous system integrity and response. Interestingly, this technique also seems to be applicable in testing herbs and other substances.

Pulse testing—“listening” to the pulse has long been a part of Asian (Traditional Chinese medicine, Aryurvedic medicine) health systems. There are several theories on what the different types of pulses mean, but what is clear is that the pulse changes according to the health of an individual. The pulse also reacts in other ways that help us know what the body needs.

Energy sensing—we will discuss and try several techniques for opening sensitivity to intuition. Does this enable a person to sense whether something is attracted to one’s own cells, or repelled?

Instructor: Kelley A. Hagenbuch, D.C., M.H. (doctorweedmaster.com)

Location: the gathering place (behind Fine Acres Market in St. Croix Falls, WI)

Date/Time: Sunday, Feb. 19, 4-5:30

Cost: \$7.50/person—register by Friday, Feb. 17th

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Dr. Kelley practices herbal medicine at Equinox Natural Health Center in Taylors Falls, MN. She specializes in using sustainably wild crafted local herbs in specific combinations for the individual using some of the above techniques.