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BIO WELLNESS INNOVATIONS

Merilee Kern discusses the power of epigenetic healing in promoting happier and healthier lives



Mental health problems stemming from lifestyle concerns such as stress, loneliness or isolation, anxiety, trauma, debt, bereavement, medical issues, social media and more are at an all-time high. And since the results are wreaking havoc on society, families and individual wellbeing, there’s an escalating movement towards preventative care.

In fact, new Gallup findings indicate

stress, sadness and worry have all inched higher worldwide – and they’ve pushed up Gallup’s Negative Experience Index to another level.

STEMMING STRESS However, the good news is that there are numerous technologies and methodologies that can help us alleviate the angst in our lives.

To discuss new biotech driven ways to stem daily stress, I would love to connect you with bio wellness pioneer and cofounder

Merilee Kern (MBA) is an internationally regarded brand strategist and analyst. She is also the creator and host of the Savvy Ventures business TV show that airs on FOX Business TV and Bloomberg TV (she can be contacted at www.TheLuxeList.com and www.SavvyVentures.tv).

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of the Los Angeles-based Quantum Clinic Dr. Katelyn Lehman.

A model of preventative healthcare, Lehman's work emphasises the need for psychological, emotional, spiritual and physical wellbeing to achieve epigenetic healing through coherence. This is the degree of correlation between the body's electromagnetic fields.

CURATIVE MEANS She underscores the fact that interventions and modalities such as floatation REST (Restricted Environmental Stimulation Therapy), frequency therapy, heart and brain coherence etc. can be employed to combat stress that can negative-

ly impact our physical, mental and emotional wellbeing.

Floatation REST is a form of sensory deprivation therapy that involves floating in a tank filled with salt water. The water is heated to body temperature, and the tank is designed to block out external stimuli such as light and sound.

This creates a state of deep relaxation, and allows the body to enter a state of deep rest and repair. Floatation REST has been shown to reduce stress, improve sleep quality and enhance creativity.

Frequency therapy is a noninvasive treatment that uses frequencies to restore balance

to the body's energy systems. These frequencies can be applied to target specific health issues such as pain, inflammation and anxiety.

It works by stimulating the body's natural healing mechanisms to promote cell regeneration and reduce oxidative stress. And it has been shown to be effective in treating a range of conditions including chronic pain, autoimmune disorders and depression.

Heart and brain coherence is a state where there is synchronisation of the heart and brain to achieve optimal functioning of both organs. This can be achieved through techniques such as meditation, deep breathing and visualisation.

When we're in a state of heart and brain coherence, we experience a sense of calmness, mental clarity and emotional stability. Research has shown that this state can improve immune function, reduce stress hormones and enhance cognitive performance.

"Combining these modalities for preventative care can create a powerful tool for maintaining optimal health and preventing chronic illnesses," notes Lehman, adding: "And doing so can create a comprehensive approach to preventative care that addresses the root causes of chronic illnesses rather than simply treating the symptoms."

She continues: "By providing a noninvasive and natural approach to promoting relaxation and stress reduction, individuals can learn to manage their own health without relying on costly medical interventions. By taking a holistic approach to our health and wellbeing, we can live happier, healthier and more fulfilling lives."

HEALING SPACE Lehman explains that "our spa services are evidence-based, trauma informed and culturally sensitive so that guests have the space to connect with their own epigenetic blueprint for self-healing through coherence."

"What most people don't realise is that every single cell in the body emits a small but measurable electromagnetic field. The human heart is the largest generator of this electromagnetic information in the body. Not only is it possible to learn to access this state of being, which is called coherence, but doing so is key to activating your communication with the quantum field," she asserts.

Her Quantum Clinic is building a movement focussed on radical reconnection with nature, our own bodies, our intuition and one another.

With a profound belief that all healing is a result of empowerment and awareness building, the clinic offers a deeply deliberated space to facilitate our deepest transformation and self-healing through coherence.

MANAGEMENT DIGEST

