



Marika Berman, MS
Certified EFT and
Matrix Reimprinting Practitioner

*M*arika completed her MS degree with double major in Mathematics and Biology at The University of South Bohemia in the Czech Republic, acquiring a teaching credential for the middle school and high school levels. She further pursued her interest in natural healing by educating herself in various wellness-promoting disciplines:

- Matrix Reimprinting
- Emotional Freedom Techniques
- Reiki, level 1
- Controlled Inner Cleansing according to MD Jonas (galvanic skin response measuring)
- Acute Homeotherapeutics
- Bradley Method natural child birth training
- Therapeutic Deep Tissue Massage and Reflexology
- Sport and Fitness Massage

Marika Berman

Tel. 408-800-9401

marika.berman@gmail.com

www.HealYourself.cz

Skype: cicmarika

Please call/email for 15 min. free consultation, and directions to the office in San Jose.



DESIGNED BY: SIMONA BELINOVA (SIMABEL21@GMAIL.COM)

EFT *Emotional Freedom Techniques*

- Fast stress relief
- Often permanent release/
healing of old
emotional traumas
- Drug-free pain management
- Foundation for healing
- Sport performance boost
- Personal growth
- Easy to learn and effective
- Proven by many
scientific studies
- Helps even where other
methods have failed

Experience a new level of
health!

My clients who used EFT to improve their health reported an elimination or decrease in intensity of the following problems:

- Back and neck pain
- Headache
- Joint and muscle pain
- Pain after an injury/surgery
- Negative Core Beliefs
- Stress
- Phobias (spiders, snakes, performance, people, water, falling,..)
- Old traumas (injury, child abuse, sexual abuse..)
- Bad habits (procrastination, overeating)
- Nightmares
- Depression

This list reflects only my personal experience. The list of EFT potential benefits is endless. You will find many success stories with EFT on:

www.EFTuniverse.com

Emotional Freedom Techniques (EFT) combines a light finger tapping on a series of acupuncture points with a simultaneous recollection of stressful or painful stimuli. The result is a quick relaxation, which can be measured for example by lowered cortisol levels, as well as increase in neurotransmitters, such as serotonin. Simultaneously, clients report a shift towards calmness and peace in areas of previous agitation. Emotions such as anxiety, fear, sadness, and anger, previously associated with certain situations, subside. It may happen so fast that it's puzzling even to the clients themselves. The release of emotions is typically accompanied by a cognitive shift, as clients suddenly gain a better insight into their problems, come up with solutions that didn't seem possible before, etc. Therefore EFT is gaining an increasing popularity among life coaches, psychiatrists, counselors, and other health care professionals.

EFT can be used safely on a basic level by practically anyone, even young children. Clients learn the tapping sequence during the first consultation, and they're encouraged to tap on their own at home, as needed. While the basic recipe can be powerful on its own, the more advanced emotional freedom techniques, applied by trained and experienced EFT practitioners, are often needed to find and deal with the core issues of individual clients. EFT practitioners are trained to provide guidance and safety to release stress from old emotional traumas. As research on body-mind connections confirms, this may lead to true healing on the deepest level.

