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| http://img.constantcontact.com/letters/images/1101116784221/S.gif  ***Cell-Level Healing News for March, 2016***  http://img.constantcontact.com/letters/images/1101116784221/S.gif  **East or West Coast**    **Joyce and Helen are teaching near you!**  **-- a perfect time to experience your healing nature --**  **Sivananda Yoga Retreat in The Bahamas April 23-28**  **Mosswood Hollow in WA State June 20-24**  **IIIHS Conf in Montreal Aug 12-21**  **Canadian Energy Psych Conf Sept 15-19 in Halifax, Nova Scotia**  More information at [www.CellLevelHealing.com/events](http://r20.rs6.net/tn.jsp?f=0016FZGnoSlcS4D5wise1Q6p4Q00fmkFJoukSQilVLjI33lzjWReVO9h_UgysvF1cyTvCc31LWvcODpGGfjMu2MmxG5Lamftf1dFnT7BVLnDtjWq3ebEV3iac8Q30-UZb6KT8XUerHDrCE5w6TQBC-fWoGbKhwo8iFnjp6osBviH2uX2cY3jJrBMYF5a88T3x0N&c=&ch=)  http://img.constantcontact.com/letters/images/1101116784221/S.gif  http://img.constantcontact.com/letters/images/1101116784221/S.gif  http://img.constantcontact.com/letters/images/1101116784221/S.gif  **A Little Cell-Level Wisdom -- Flight \* Fight \* Freeze**  **The sympathetic nervous system is uniquely designed to keep us safe in dangerous situations, and it may be key to our remarkable survival since we began to walk the earth. The SNS kicks in when we are faced with any perceived danger, and instantaneously biases the body and mind for action to protect us. Powerful chemicals pour into the bloodstream, our higher brain functions, immune system, and digestion go offline, blood is diverted from the interior of the body to our muscles, the heart races, blood pressure rises.**  **These days, in the workplace and at home, that automatic system is still at work ramping the body up each time a threat presents itself. Here's the rub . . . it takes 3 days to metabolize the biochemistry of each event. The workload, the deadlines, the bills, the nightly news, grief, heartache, driving downtown - none of these may appear as scary as a tiger, yet the body responds in the same way, and the result is a metabolic backlog that the body can't clear before the next event.**  **The other side of the coin is the parasympathetic nervous system which restores balance once the threat is gone. To clear the overload of trauma and stress we can help the body and mind by employing time-honored techniques that allow the PNS to take the lead: meditation, exercise, healthy eating, rest, recreation, loving connections, prayer.**    http://img.constantcontact.com/letters/images/1101116784221/S.gif    **Healing Intensive with Brent Baum**,  STB, SSL, CADC, LISAC, CCH       The body is keeping the score of all the events that caused us hurt, pain, fear, shock, and overwhelm. Clearing those scars is important and possible. Please join us in welcoming Brent Baum, whose HMR work has helped thousand of people reclaim their lives from trauma, ill health, and loss.                 Seattle, July 22-24 [**More Information Here**](http://r20.rs6.net/tn.jsp?f=0016FZGnoSlcS4D5wise1Q6p4Q00fmkFJoukSQilVLjI33lzjWReVO9h_UgysvF1cyT5jBJuPQhCVqyqbJAqzXueU7S7ZytW1gdiZMpzI9Z94WisDU6rBrdLOMCUj1pPWuz9FTnO0O1lzYp9v9O85YyGHv05jWtEUg9qPrPbZd4Q79H5-GXs75P3bp3owmmAc0DUSQaORtJULs3E7yL7KScBZG80tFn1bDU&c=&ch=)  http://img.constantcontact.com/letters/images/1101116784221/S.gif  ***Joyce's TEDx talk reaches over 100,000 viewers.***  http://img.constantcontact.com/letters/images/1101116784221/S.gif  See it here:  [Biophysicist discovers new life after death](http://r20.rs6.net/tn.jsp?f=0016FZGnoSlcS4D5wise1Q6p4Q00fmkFJoukSQilVLjI33lzjWReVO9h_UgysvF1cyTQYUiilbqzmLxzyBFPvx9KV03faOe1yA3EBm2ttvWPrCPvqAAciYhZdybOLYjW2P8V-X2RwX6DIFrRkXR0BoRHPSEFVBuy2njA2_7UJmxZiOAV9P5mcL_ooQ7JTNqsJJmW6a8zsZTGQU=&c=&ch=)    **TEDx Bellevue, Washington**  http://img.constantcontact.com/letters/images/1101116784221/S.gif  http://img.constantcontact.com/letters/images/1101116784221/S.gif  ***The Cell-Level Healing Team***  http://img.constantcontact.com/letters/images/1101116784221/S.gif  **Joyce Hawkes, Ph.D.** developed Cell-Level Healing  over the course of 30 years.  **Erika Wiersma and Helen Folsom**   have integrated this work into their own practices and are fully endorsed by Joyce.  [The Cell-Level Team](http://r20.rs6.net/tn.jsp?f=0016FZGnoSlcS4D5wise1Q6p4Q00fmkFJoukSQilVLjI33lzjWReVO9hwWeWIH__ybmFneen0JoLzEbB7AquIckCst5KX7ZLiNcP6zndT62jCWcWWNLD2skxW8uVXg6lSQrZoneYkauVuSHBSUlP4qaGRp0skOJ-C0Pmw4eheGTuU4VF0afzy5i9g==&c=&ch=)  http://img.constantcontact.com/letters/images/1101116784221/S.gif   Visit us at: [**CellLevelHealing.com**](http://r20.rs6.net/tn.jsp?f=0016FZGnoSlcS4D5wise1Q6p4Q00fmkFJoukSQilVLjI33lzjWReVO9hwWeWIH__ybmFneen0JoLzEbB7AquIckCst5KX7ZLiNcP6zndT62jCWcWWNLD2skxW8uVXg6lSQrZoneYkauVuSHBSUlP4qaGRp0skOJ-C0Pmw4eheGTuU4VF0afzy5i9g==&c=&ch=) or call us at (206) 284-6900  ***We look forward to meeting and working with you.***  http://img.constantcontact.com/letters/images/1101116784221/S.gif  **[Join Our Mailing List](http://ui.constantcontact.com/d.jsp?m=1117617063917&p=oi)**  http://img.constantcontact.com/letters/images/1101116784221/S.gif  http://img.constantcontact.com/letters/images/1101116784221/S.gif |
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