

Integrative Healer brings unique skill set to Palm Beach County

Judith Cohen combines traditional and alternative medicine therapies at her newly opened Integrative Healing and Wellness Counseling Practice.

PALM BEACH COUNTY, June 7, 2013 /EINPresswire.com/ -- Judith Cohen is a Registered Nurse, Birth Process Therapist and a Registered Craniosacral Therapist. Many styles of alternative medicine are integral to her healing practice. She incorporates homeopathic remedies and therapeutic essential oils into her natural health practice.

Judith believes that using medical massage therapy, energy healing, Craniosacral therapy and other modes of healing can unlock the body's intrinsic wisdom and self-directed healing mechanisms. She calls her process-oriented approach to self-healing and transformation "Integrative Body Therapy." Judith says, "This is a way of integrating body, mind, soul, and spirit. As this transformation begins to unfold you will discover how to access the tools and resources you already possess in order to regain the healthy happy life you were born to live."

Judith especially treasures working with clients whose physical symptoms have not been adequately addressed by conventional methods. Working together with the client, she enables them to make lifestyle, physical and emotional changes. Judith says, "This is a reflection of the fact that as humans we are not only unique – we are also and primarily dynamic changing and fluid beings. It is precisely that fluid changeability that I and a client will tap into to effect desired changes in their physical condition: changes that will gradually bring them back to feeling and functioning well in a healthier body with a lighter heart and a more peaceful mind."

Judith developed her understanding of how the body works and the healing process over her 30-plus years in the medical field, both allopathic (Western) and alternative. She has worked with clients and patients in a variety of settings and been able to observe a variety of outcomes. During her years of medical study and spiritual seeking, Judith raised three children as a working single mom. Her children are now grown, and her family includes six grandchildren spread across the country from the Atlantic to the Pacific.

Her new office in Delray Beach exudes a tone of safety and empathy, which helps support individuals, families and healers from a wide variety of religions and spiritual disciplines. Judith encourages clients to continue their life's journey – living "from the inside out" as who they truly are. Her wellness counseling is tailored to clients' specific lifestyles and needs.

In addition to maintaining her private practice in Florida, Judith travels across the country to facilitate the Process Workshop, developed by Dr. Raymond Castellino.

For the previous ten years, Judith had been part of the teaching faculty at the Arizona Center for Integrative Medicine, working with its founder Dr. [Andrew Weil](#), director Dr. Victoria Maizes, and their medical fellows. Dr. Weil says, "Judith Cohen is a powerful, experienced healer, who does a unique combination of body-based therapies and energy work. I have received benefit from it myself and have referred many patients to her with good results."

Judith works with adults, infants, and children for [integrative healing](#). Visit her online at www.JudithLeeCohen.com or Contact her via phone at 520.241.8335 or via email at JLCenergy@me.com

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