

Dr. Anne Merkel of The Ariela Group of Wholistic Services to be Featured on CUTV News Radio

MINERAL BLUFF, GEORGIA, USA, February 16, 2015 /EINPresswire.com/ -- Dr. Anne Merkel is an energy therapist and the founder of The Ariela Group of Wholistic Services, where she specializes in using emotional dissolving techniques to restore balance to our body's energy system and allow our body and mind to resume their natural healing abilities.

As an [energy psychologist](#), Dr. Merkel uses a number of tools, most notably [Neuro Emotional Technique](#) and Emotional Freedom Technique. Neuro Emotional Technique, or NET, is a simple mind-body stress reduction intervention aimed at improving our behavioral and physical problems. Emotional Freedom Technique, or EFT, uses a gentle tapping technique instead of needles to stimulate traditional acupuncture points. NET & EFT both balance the energy system and can aid in relieving both psychological stress and physical pain. Dr. Merkel offers "N-hanced EFT", which seeks to blend NET and EFT.

"Our triggers send us into fight-or-flight responses," explains Dr. Merkel. "The tapping process has a soothing effect on the body like rocking a baby. The mind becomes distracted by the tapping and you can reassociate your memories. You're clearing the memory out of the computer and changing the neural pathways."

In recent years, Dr. Merkel's specialty has become autoimmune disease, when the body begins attacking itself. Dr. Merkel says she came to this work quite naturally after having spent over a year suffering with chronic fatigue and fibromyalgia.

"One day I woke up and said either I'm going to get well now or I'm out of here," recalls Dr. Merkel.



“Two days later after screaming at the universe, I was led by a friend to a health food store and right in front of me were brochures describing all my symptoms and how to get better. Two months later I was well. It was a miracle.”

According to Dr. Merkel, traditional medical doctors cannot identify the cause of autoimmune disease because medical training doesn't teach doctors how to identify root causes. This is especially true when that root cause is emotional or energetic.

“The typical doctor looks at the body mechanically,” says Dr. Merkel. “What I find in working with lots of autoimmune cases is there's usually an underlying

condition of feeling like a burden or unworthy. You can inherit trauma from your relatives as much as you can inherit what they look like.”

As for the future of Ariela Group of Wholistic Services, Dr. Merkel says she hopes to work with other wholistic practitioners to integrate these tools into their practices so she can continue to touch thousands of people.

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“If I train a practitioner, I am touching far more people than I could ever do by myself,” says Dr. Merkel. “I'm certifying coaches, massage therapists, chiropractors so their practices can grow and their patients and clients can get better faster.

“I'm most proud of the fact that I've integrated so much learning into what I'm doing now,” says Dr. Merkel. “I see people's lives returning to them. People who had totally given

up hope are now happy, healthy and enjoying loving relationships again.”

CUTV News Radio will feature Dr. Anne Merkel in an interview with Jim Masters on February 18th at 1pm EST and with Doug Llewelyn on February 25th at 1pm EST.

Listen to the show <http://www.blogtalkradio.com/closeuptalkradio>. If you have a question for our guest, call (347) 996-3389.

For more information on The Ariela Group of Wholistic Services, visit <http://www.arielagroup.com>

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