

# Kim Cook of The Body's Energy to be Featured on CUTV News Radio

MISSION VIEJO, CALIFORNIA, USA, February 23, 2015 /EINPresswire.com/ -- Most of us have something we desperately want to change about ourselves, something that keeps us from living the fulfilling, joyful life we want.

According to [Energy Medicine](#) and [EFT](#) practitioner Kim Cook, our body's energy system is the medicine to help us heal. If we can bring our energy system into balance, our body will heal itself.

Cook is the founder of The Body's Energy, where she specializes in pain control and stress management. Kim works primarily with women in their 40s whose stress has accumulated to the point where they are in a constant state of overwhelm and anxiety.

"The Body's Energy is all about working with the energy system of our body to create balance," says Cook. "With this deeper access, I can better guide you to heal your body or change old, damaging habits faster."

According to Cook, our thought processes can create an energy imbalance in our bodies. The Body's Energy seeks to combine energy medicine with emotional freedom technique or EFT, a non-invasive, gentle technique that blends modern science with ancient eastern medicine.

EFT tapping works directly with the Meridian system of the body to clear out blockages of energy. These blockages are produced by our own thought processes, negative thinking and trauma. EFT allows

you to reprocess your memory by deactivating the stress response associated with your memories. When we're not in that mode and we can think logically we can reprogram parts of our brains.

"Every person I work with receives a combination of both EFT tapping and Energy Medicine," says Cook. "I believe that's why all of my clients enjoy such amazing, lasting results."

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The Body's Energy is all

The Body's Energy's clients have been known to dramatically reduce their chronic pain, remove their limiting beliefs and



overcome ingrained habits by using Cook's Tapping into Results method.

"I believe in it wholeheartedly," says Cook. "I know it's worked for me and I know the impact it's had on my clients."

CUTV News Radio will feature Kim Cook in an interview with Jim Masters on February 24th at 3pm 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 Body's Energy, visit <http://www.thebodysenergy.com>

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*Kim Cook*