

Linda Carr LMT to be Featured on CUTV News Radio

RANCHOS DE TAOF, NEW MEXICO, USA, March 6, 2015 /EINPresswire.com/ -- With all the challenges and struggles we must contend with on a daily basis, it's sobering to learn that what prevents us from living a rich and fulfilling life is often ourselves.

Linda Carr is a licensed massage therapist and expert in emotional freedom technique, or [EFT](#) tapping. EFT is a mind/body technique that directly communicates with the energy system and central nervous system to remove the emotional blockages that prevent us from living the life we want to live.

"I'm like a detective," says Linda. "There's always an underlying emotional belief behind every disorder and imbalance. I ask a million questions until I know we're on to something."

According to Linda, people are living in a state of stress response almost constantly, but the body cannot heal and regenerate when it is in living in such a state. One hour of EFT lowers cortisol, the stress hormone, by 24 percent, improving neurological,

biological and chemical states in the body and brain

"EFT gently brings the brain and body out of stress response and into relaxation response," says Linda. "This is a system where healing, regeneration and change happen. That's what's been so powerful for me. This really works!"

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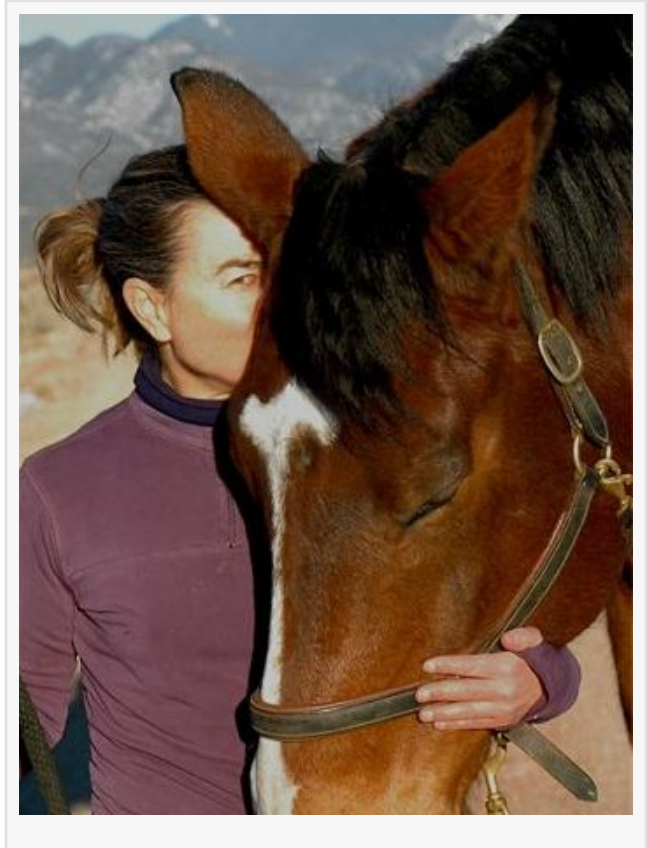
Linda Carr

Linda encourages her clients to find value in using EFT. She says it can inspire feelings of [self-love](#), self-awareness, self-acceptance and self-forgiveness.

"People are holding themselves hostage," says Linda. "There's more self-hate and self-sabotage than self-love. My mission is to provide a loving therapeutic relationship for humans and animals and in so doing support worldwide healing, love and

health."

CUTV News Radio will feature Linda Carr in an interview with Jim Masters on March 9th 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 Linda Carr, visit <http://www.lindacarrlmt.com>

Lou Ceparano
CUTV News
(631) 421-8500
email us here

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