

Lena Mascarin of Integrated Wellness Body Mind & Soul to be Featured on CUTV News Radio

TORONTO, ONTARIO, CANADA, May 15, 2015 /EINPresswire.com/ -- In our fast-paced society we want quick results. We don't have time to deal with our pain so we look for the quick fixes. But the seekers, those who are tired of their pain and haven't had results with conventional medicine, take it a step further and ask questions such as, "What about my diet? My stress? My environment? My belief systems? Are they the cause of my illness, pain, inflammation and anxieties?"

Lena Mascarin is a holistic practitioner in Energy Medicine, a Registered Nutritional Consulting Practitioner and the founder of Integrated Wellness Body Mind & Soul. Lena specializes in the revolutionary BodyTalk system, a Whole Health Care System that addresses Body, Mind and Spirit, re-synchronizing, re-balancing, restoring and stimulating the body's own ability to heal itself!

"People are tired of being sick and tired. They are

looking for alternatives in healthcare," says Lena. "The BodyTalk system is a preventative and proactive approach to health and wellness. It helps make disease and illness unnecessary. It allows the client to take responsibility for their own health."

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Lena Mascarin

Because BodyTalk addresses the Body, Mind and Spirit, who you are as a whole, it helps individuals move forward at many levels. It works with belief systems, chronic pain, depression, digestion, stress, fears, headaches, hormonal imbalances and many more. Best of all, it is so very non-invasive, safe and effective. Lena works with babies, young children, teenagers and the elderly.

"I really want individuals and my clients to stop, check in and listen to their body; your body is always communicating with you. The question is: Are you listening? When you listen to the body it will give you the symptoms, the clues, and many times the answers you need to help you move forward from your pain."



It's hard to find a modality out there that will address all levels of the Body, Mind and Spirit. As all healing must take place at all these levels says Lena. According to Lena, every system, organ, endocrine or body part in our body is in communication with each other. When there's been a breakdown of that communication, that's where the problem begins. What follows is disease, pain and inflammation and many other health issues. It's that breakdown we need to repair.

The BodyTalk system allows Lena to work with the body and mind energetically to find these imbalances and blockages.

"The client does the healing. I am just the tool to find the imbalances and blockages." says Lena. "We work with the unique innate wisdom of the body to reestablish communication. When we address the issue at its "root source," the body is able to heal itself.

"I'm very passionate about my work, but my real passion is to see people thrive, be happy, feel pain free and live life to their fullest potential."

CUTV News Radio will feature Lena Mascarin in an interview with Doug Llewelyn on May 19th at 10am EST.

Listen to the show <http://www.blogtalkradio.com/closeuptalkradio/2015/05/19/cutv-news-radio-spotlights-lena-mascarin-of-integrated-wellness-body-mind-soul>

If you have a question for our guest, call (347) 996-3389.

For more information on Integrated Wellness: Body Mind & Soul, visit <http://www.integratedwellness.ca>

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