

# Emotion Code Practitioner Ruth Kent to be Featured on CUTV News Radio

ASHEVILLE, NORTH CAROLINA, USA, July 10, 2015 /EINPresswire.com/ -- We all have issues we struggle with throughout our lives, like the feeling that we're not good enough. Eventually, these emotional issues can begin to manifest physically, negatively affecting our health.

Some kind of preventative measures need to be taken for people to reach lasting Wellness and Wellbeing, but this kind of proactive intervention is not a part of traditional healthcare. What if you could affect the energy of your body and improve your health by tapping into the limitless power of your subconscious mind?

Ruth Kent is a certified practitioner of The Emotion Code. With the Emotion Code, Ruth can tap into the subconscious mind to release the negative vibrations that affect us emotionally, physically and even spiritually.

Throughout her life, Ruth has always sought to make a difference. She thought nursing would be a great

way to accomplish that goal. She began her nursing career in 1971, but it didn't take long for her to learn that, although she could help her patients in acute care, their health would continue to deteriorate due to underlying causes and emotional blocks.

"I felt like I witnessed the health of Americans of all ages falling apart right in front of my eyes," Ruth recalls.

When Ruth's own health was challenged, her doctor informed her she would be in a wheelchair within six years. It was not until she was introduced to the concept of wellness -- that people could not only survive, but thrive in all aspects of their lives -- that her hope was restored. Shortly thereafter, Ruth was introduced to Dr. Bradley Nelson, creator of the Emotion Code and Body Code healing modalities, and her wellness journey began.

"I knew he was doing something funny, but I didn't care because I was feeling so good," recalls Ruth. "After not knowing if I would be able to continue my career or take care of my five-year-old daughter, I was so grateful."

As she probed deeper in releasing her trapped emotions, her own health improved. Following this profound experience, she realized she could help people beyond traditional nursing, and for the last



17 years, Ruth has helped clients restore their health back safely and effectively.

“He who has health has hope and he who has hope has everything,” says Ruth. “It was the suffering I saw for all those years as well as my own suffering that inspired me to embrace this path. I needed self-care. I needed something practical and sustainable, a tool for my daily life. This took me to the core of the problem.”

Today, Ruth says she enjoys a much fuller life than she could have ever imagined. She was certified in Emotion Code in 2008 and Body Code in 2010. Currently, she conducts seminars all over the world to encourage even more people to benefit from and become certified practitioners in this work.

“I’m touching people’s lives every day and that is my purpose: helping people to discover the means to live a life of choice and freedom,” says Ruth. “The greatest joy is helping someone, but to help someone have this tool for a life time? That’s why I’m so passionate about it.”



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Join us for a revitalizing weekend where you will acquire tools to help you live your life with extraordinary ease and confidence. Over the weekend, you will learn how to use The Emotion Code™ to help you release the past and find freedom and focus in your life. You'll hear from a dynamic and diverse group of speakers who created the lives they dreamed and want to share tools from their journeys with you. You'll play and sing and dance in the tranquil setting of the OM Sanctuary, nestled in the Blue Ridge Mountains of North Carolina, and return refreshed and rejuvenated with a new perspective on life.

**Speakers:**

- Ruth Kent, Certified Emotion Code Practitioner**  
Take back your life, enjoy better health and finally be free from the insidious and subtle forces trapped emotions exert by learning how to use Emotion Code techniques to release trapped emotions.
- Louise Griffith, Author "You Are Worth It"**  
Explore ways to honor the wisdom within, step into your personal power while choosing your story and experience the celebration of your individual strengths and gifts.
- Cindy Ballaro, Musical Guest**  
NoteWorthy is about mindfulness through music. During this workshop you will learn how to tune into yourself and your purpose and serve the world by applying the three principles of "ACE".
- Geet Crooks, Educator & Transformational Life Coach**  
Chart a journey to JOY by learning proven techniques to overcome overwhelm, stress, fear, self doubt and negative thinking while recharging your mind, body and spirit.
- Gail Goldman, Magical Movement Moments**  
Embody life and raise awareness through dance, movement and music. You will create an expanded embodied future that leads to greater joy, ease, peace, health and creativity.

For retreat details and registration please visit [ruthkentllc.com/youareworthit](http://ruthkentllc.com/youareworthit)

CUTV News Radio will feature Ruth Kent in an interview with Doug Llewelyn on July 13th at 9am EST.

Listen to the show <http://www.blogtalkradio.com/closeuptalkradio/2015/07/13/cutv-news-radio-spotlights-emotion-code-practitioner-ruth-kent>

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*Ruth Kent*

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

For more information on Ruth Kent, visit  
<http://www.ruthkentllc.com/>

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