

# Tina Marian of Medicine My Way to be Featured on CUTV News Radio

NORTHBOROUGH, MASSACHUSETTS, USA, September 18, 2015 /EINPresswire.com/ -- Everybody wants good things in life. We're born to be successful, happy, prosperous, but, as we grow, we develop negative feelings or limiting beliefs about ourselves. These devaluing belief systems prevent us from achieving the joy and abundance we deserve.

Tina Marian is the founder of Medicine My Way, a holistic health counseling practice. Tina seamlessly integrates her experience in both traditional and non-traditional healthcare with her Life Transition Coaching program to guide and support her clients through their own life changes.

"I like to describe myself as a stress management coach," says Tina. "When we take an emotion we're feeling and pretend it isn't there, that creates conflict. Medicine My Way shines a light on what we try so hard to ignore. It allows the body to release the negative energy that we carry around, and we feel lighter as a result."

A registered nurse for over 40 years, Tina Marian is uniquely qualified to pick up where our current healthcare leaves off, bridging the gap between symptom control and optimal health. Tina's guidance allows her clients to participate more fully and knowledgeably in their own healing, health and well-being.



Tina Marian, RN, Certified Life Transformation Coach

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Medicine My Way shines a

People like that I have an understanding of medicine,” says Tina. “Ten years ago, I realized I needed to develop a more holistic approach to nursing. My initial inclination was to leave the hospital setting, but there were so many people in need already there in front of me. Usually, hospitals are unwilling to embrace non-traditional healthcare methods, but I was a respected and credible member of the

staff. Doctors brought their patients to me to see if I could work with them. I worked not just with patients but with the staff as well. There is a lot of burn-out among health care workers today.”

Foremost among the techniques used by Tina is the Emotional Freedom Technique, EFT. EFT is an energy modality based on ancient Chinese medicine in which the practitioner taps on specific acupuncture points to clear the negative energy around the patient’s thoughts, feelings and emotions.

“When we’re charged up with emotion or anxiety, we can’t see clearly. The blood moves out of our frontal cortex into our survival response,” says Tina. “While everyone else is running to get a pill, I can make a patient feel better in 10 seconds. Energy moves that fast.”

Tina tends to attract people who might be struggling with the shock of a new diagnosis, esteem issues, anxiety, emotional eating, fear of success or fear of failure. She has worked with children as well as seniors.

“I try to inspire, teach and support my clients to get them to a place where they believe they have a purpose,” says Tina. “Heartfelt compassionate care. That’s what my business is. I’m truly invested in helping people.”

CUTV News Radio will feature Tina Marian in an interview with Doug Llewelyn on September 21st at 2pm EST.

Listen to the show at [BlogTalkRadio](#).

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

For more information on Medicine My Way, visit <http://www.medicinemyway.us>

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