

# Sally Tennant of Healing Through Your Mindset Returns to CUTV News Radio

ALLENWOOD, NEW JERSEY, UNITED STATES, June 27, 2017 /EINPresswire.com/ -- Stress is the number one cause of illness and disease. In fact, according to the U.S. Centers for Disease Control and Prevention, stress accounts for at least 75 percent of all doctor visits, with some studies reporting the number could be as high as 90 percent.

But what is stress?

According to Sally Tennant, stress is our emotional reaction to our perception of reality. In order to effectively cope with our stress and reverse its negative effects on our life, we must change our subconscious perceptions.

Sally Tennant is the founder of Healing Through Your Mindset, a holistic energy practice dedicated to identifying and reprogramming the negative subconscious beliefs that cause stress responses in the body so we can make new choices that serve us.

"I'm always searching for the bottom line," says Tennant. "This is a natural detoxification for the body. If we can identify and reprogram the subconscious beliefs that support our stress, it will begin to dissipate. It's about reversing the stress response in the body."

Sally specializes in what she calls the Enlightenment Technique. This technique has been developed over many years of trainings in energy psychology, clinical kinesiology, quantum physics energy work and her communication with spirit.

"What I'm doing is identifying constellations in the brain of patterns of behavior. These patterns of thinking are not only found in the brain but throughout the body. When I do resets, it's so much more profound in that it addresses so many more beliefs."

Sally says what is great about the Enlightenment Technique is that it can be used in conjunction with any other healing modality or traditional medical protocols. This technique will not interfere with anything that you may be doing to get well; in fact, it can enhance what you are already doing.

"People are changing in more profound ways because we're going as deep as we can possibly go," says Tennant.

CUTV News Radio will feature Sally Tennant in a three-part interview on June 29th, July 13th and



July 27th at 2pm EDT.

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

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

For more information on Healing Through Your Mindset, visit <http://www.healingthroughyourmindset.com>.

Medical Disclaimer: This method is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment, but is an energy healing modality used to release stressors from within the body/mind.

Lou Ceparano  
CUTV News  
(631) 850-3314  
email us here



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