

Denise LaBarre to be Featured on CUTV News Radio

HAIKU, HAWAII, UNITED STATES, August 28, 2018 /EINPresswire.com/ -- In an ideal world, children enjoy a carefree, happy existence and grow up to see the world as a safe, colorful place. But many children experience abuse, neglect or trauma that can leave emotional scars. Even the "normal" stresses of growing up often leave us with unresolved sadness, anger and grief that can lead to illness and disease later in life. What if there was an exceptionally gifted individual who can guide us to recovery and greater well-being without having to undergo years of traditional psychotherapy?

Denise LaBarre is an Intuitive Healer (Healing Catalyst) and author of the book "Issues in Your Tissues: Heal Body and Emotion from the Inside Out."

"My work is a combination of massage therapy, psychotherapy and traditional healing practices," says LaBarre. "I work with the emotional energy people unwittingly store in their body: the sadness, anger, and tears that they are unable to process in the moment of experience. All of that unreleased energy gets stored in the body until we are ready to face and release it."



According to LaBarre we are born fully connected to our bodies and emotions but we gradually disconnect from our feelings as part of socialization. Unfortunately, parents, teachers, and culture don't teach us how to feel and process strong emotions and often teach us to repress them instead. Our amazing bodies carry on anyway, storing the emotions we can't deal with in the moment in our muscles and organs. This energetic debris becomes the issues in our tissues.

At any stage in life, we may undergo trauma and emotions that can be overwhelming to deal with," says LaBarre. "That unprocessed energy continues to accumulate, often in specific areas of the body. The body eventually signals that we have these unresolved issues with symptoms like backache and neck pain that can progress into diseases like fibromyalgia, depression, heart disease, and cancer."

While you may be an extraordinary survivor as an adult, you may wonder where your innocence and joy for living has gone. The heartache and grief you are carrying within does not allow spontaneous joy in the moment. The goal of LaBarre's work - through her books and writing,

workshops, or in private session - is to make the connections that will help people release the difficult emotions they carry and find true joy and healthy function once again. Fortunately, we can regain our joy and spontaneity if we are willing to explore those long-held feelings and experience them with our combined adult/child perspective. This can bypass years of traditional psychotherapy.

“Full breathing is key to opening yourself to healing,” says LaBarre. “Holding our breath or breathing shallowly is precisely what prevents emotional energy from flowing through the body. Breathing minimally accelerates breakdown, causing us to look older and feel tired and worn out. We’re lucky that our bodies have an amazing ability to heal; we can choose to continue contracting into illness and disease or follow a new path to healing and positive energy.”

In her exceptional book, *Issues in Your Tissues*, LaBarre teaches step-by-step how to activate the body’s natural healing process. It explains how and why you have been shutting down your breathing and gives you an easy, sustainable way to open it back up. The book has helpful exercises, inspiring stories, and the insights you need to start (or advance) your healing journey.

“The key is to make connections in the mind while experiencing the feelings in the body,” says LaBarre. “I give metaphors and examples to guide the reader. People who read the book will benefit if they are open and willing to embrace positive change. *Issues in Your Tissues* is infused with healing magic that opens you as you read.”

CUTV news will feature Denise LaBarre in an interview with Jim Masters on August 29th at 3 p.m. and on September 5th at 3 p.m. EST.

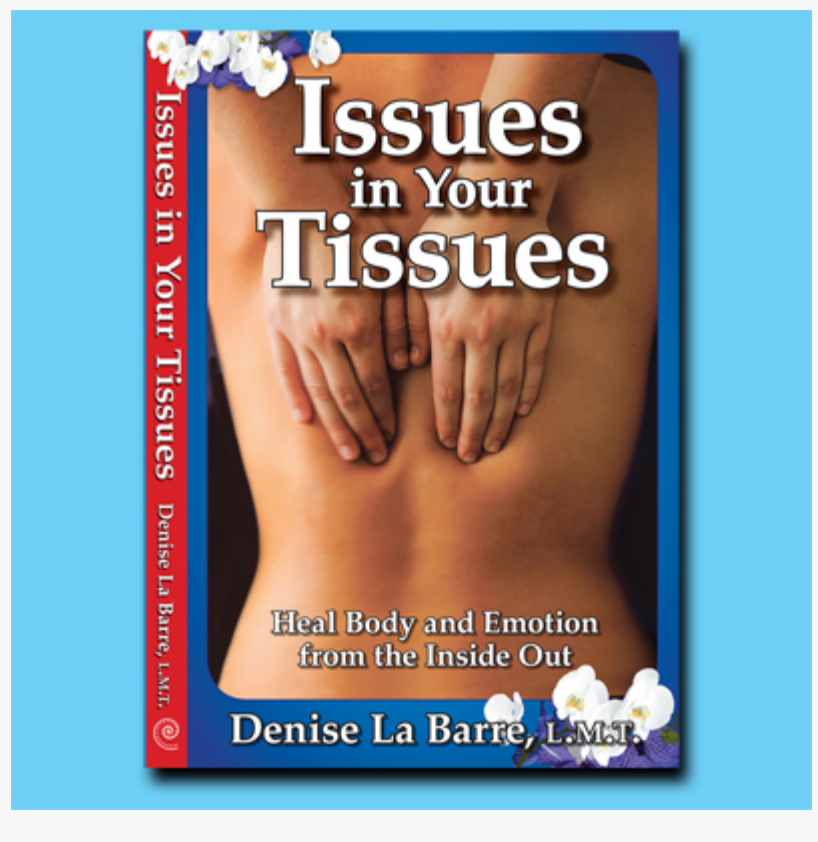
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HEALING CATALYST

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