

Janet G. Nestor of Center of Wellbeing to be Featured on CUTV News Radio

HAMPSTEAD, NORTH CAROLINA, UNITED STATES, August 31, 2018 /EINPresswire.com/ -- The ideal way to begin the healing process is to approach the client as a whole person, treating mind, body, spirit, emotions.

Janet G. Nestor is an author and speaker specializing in stress and anxiety management. Janet has written three books on the subject – Nurturing Wellness Through Radical Self Care: A Living in Balance Guide and Workbook; Pathways to Wholeness; and Embracing Your Joy.

Janet is also a diagnostic prescriptive educator and licensed professional counselor and diplomate in comprehensive energy psychology. She is the co-developer of Radiant Energies Balance, a mindfulness-based energy psychology technique that encourages nervous system balance and assists individuals with chronic illness and injuries to regain the ability to move forward in their lives.



Janet has been in private practice since 1999, working with individuals and groups on personal empowerment and positive living.

Janet Nestor is a licensed professional counselor specializing in holistic mental health and founder of the Center of Wellbeing.

“Holistic therapists focus on the whole person, not just their diagnosis,” says Nestor. “Traditional therapy is cognitive in nature or analytic or insightful in nature. It helps people work through their issues, but it never helps them get these issues out of their body for good.”

Holistic mental health accelerates the healing process by helping the individual let go of the trauma that is stored in the physical body. New holistic therapies like energy psychology and the techniques of holistic psychiatry can help the client make those changes in order to heal the root cause of their issues.

A compassionate healer, Nestor says she’s always wanted to practice holistically.

“I entered the field with a holistic perspective and I had really good mentors who made sure I

stayed on the holistic track. says Nestor. After I received my license, I began to study energy psychology and other energy medicine modalities so when I worked with clients I would have those extra skills."

These extra skills allow Nestor to more effectively tune into her clients' needs.

"I've learned over the years that why my clients say they're meeting me is not always why," says Nestor. "Once we really find out what's going on and have established a rapport, then I start to introduce the alternative ways to approach it.

One of those alternative ways is energy psychology, but according to Nestor, while the two terms are often used interchangeably, energy psychology is just one small part holistic mental health.

"If someone's experienced a trauma, their whole biochemistry has been altered from their emotional stress," explains Nestor. "With a holistic therapist the intention is to reduce the stress level before you get to the hard stuff. We work with limiting beliefs, positive thoughts, eliminating objections to healing and self-sabotaging behaviors. This begins the process of creating a good neurochemical balance."

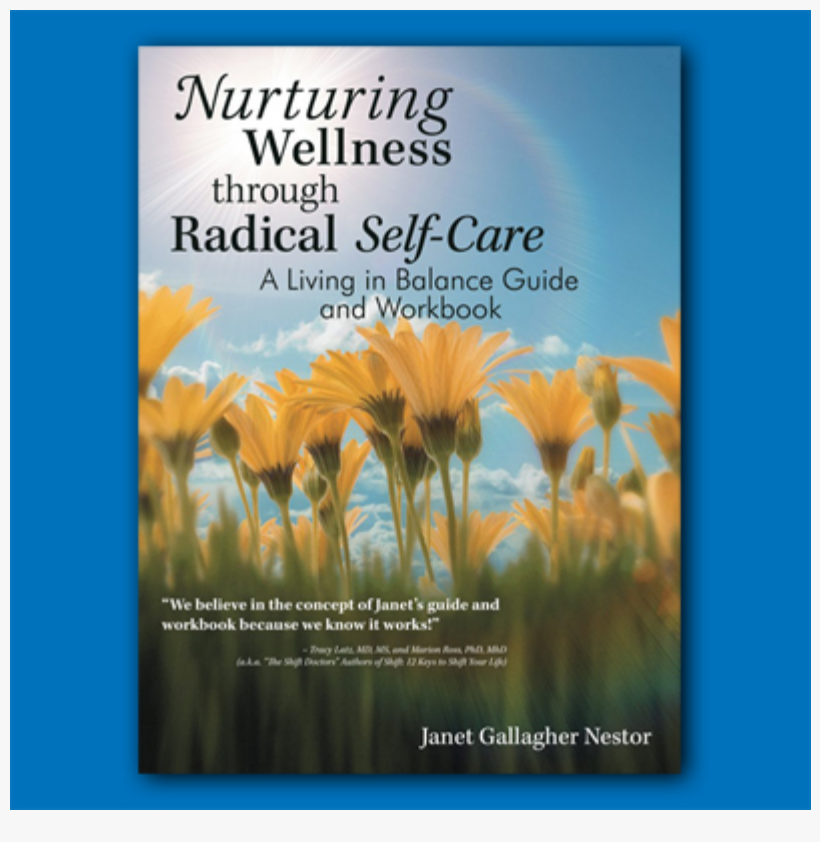
CUTV News Radio will feature Janet Nestor in an interview with Jim Masters on September 4th at 12pm EDT and with Doug Llewelyn on September 11th at 12pm EDT.

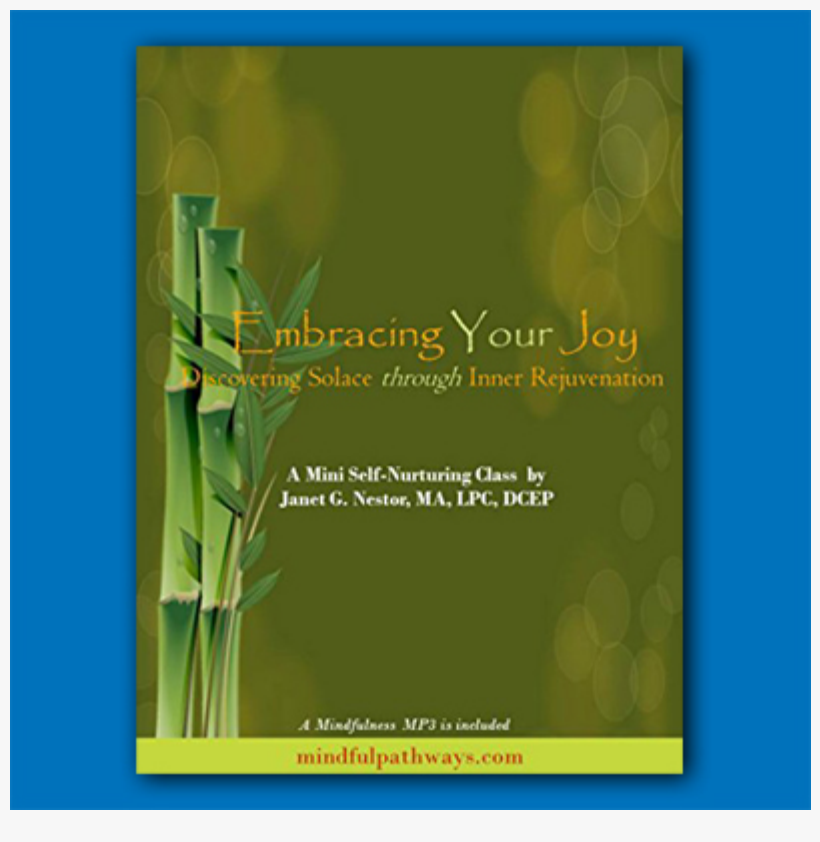
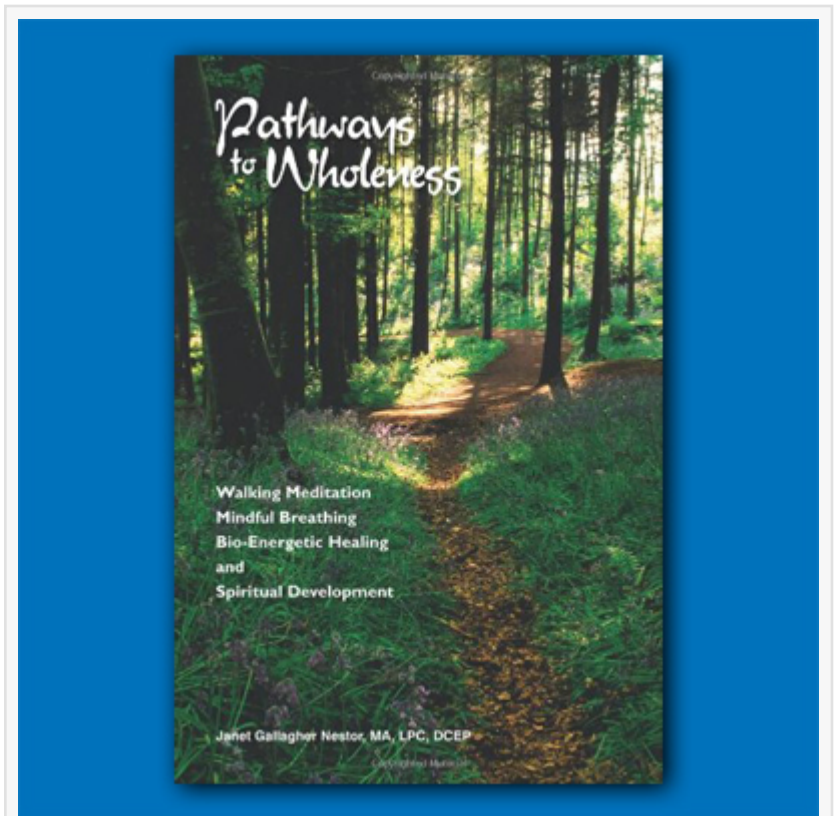
Listen to the show on [BlogTalkRadio](#)

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

For more information on Mindful Pathways, visit www.mindfulpathways.com

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





This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases.

