

Laurie Ellington of Ancient Science Recently Featured on Close Up Radio

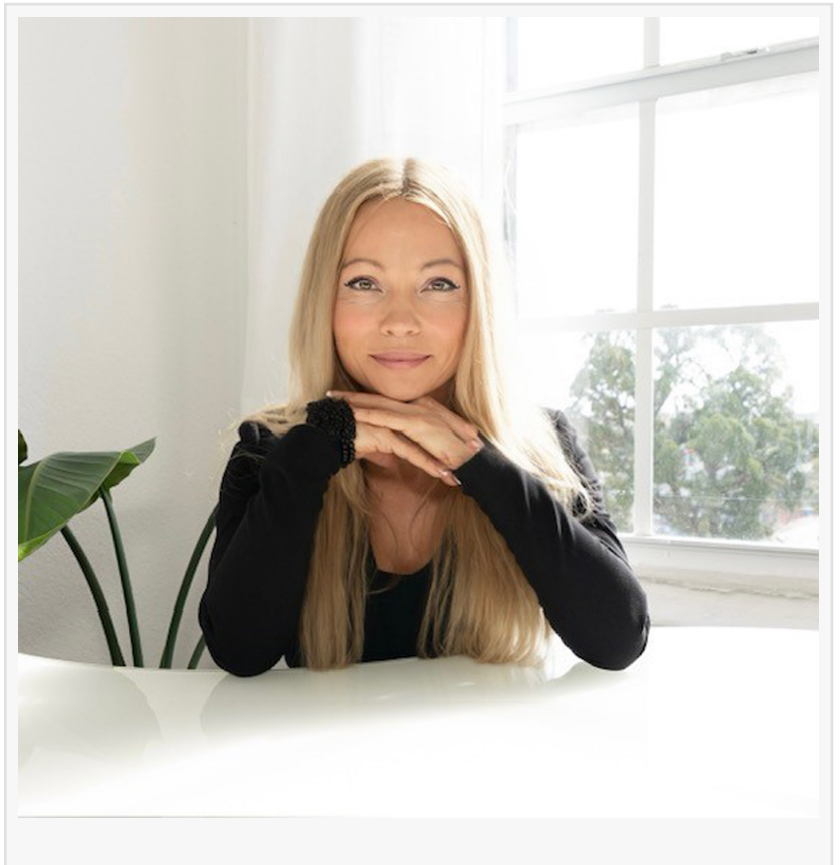
TAMPA, FL, UNITED STATES, January 24, 2025 /EINPresswire.com/ -- In a groundbreaking initiative to redefine human potential, Laurie Ellington, the visionary founder of Ancient Science, is offering a unique and comprehensive approach to human optimization. As a licensed professional counselor, certified brain coach, master certified coach, and heart math expert, Laurie marries modern neuroscience with ancient wisdom to empower individuals on their journey to self-mastery.

A Multifaceted Approach to Human Wellness

Laurie Ellington's diverse background in psychology, functional medicine, and leadership coaching gives her the foundation her to craft a unique integrative methodology aimed at transforming lives. Through a personally tailored combination of disciplines, she helps individuals and groups navigate emotional challenges, achieve optimal health, and enhance leadership capabilities.

"I believe everyone deserves to feel witnessed and connected," explains Laurie Ellington. "My mission is to provide the vital care taking, love, and joy necessary for true healing, elements I found lacking in my own childhood."

Laurie's pursuit to understanding human behavior began in her youth, fueled by her experiences and a desire to provide what she lacked. Her early career as a psychotherapist focused on aiding children and families, particularly in areas such as emotional trauma and foster care. These foundations have enriched Laurie's holistic approach, accentuating the importance of addressing personal trauma to unlock individual potential.



The Science and Wisdom Behind Healing

Drawing upon neuroscience, quantum physics, and ancient teachings, Laurie navigates the intersection of mind-body research and traditional wisdom. She explores the parallels between healing practices from Egyptian, Greek, and Eastern philosophies, advocating for a transformation of outdated programming into self-discovery and inner connectivity.

“Human suffering is inevitable. My role is to help alleviate it,” Laurie shares. “We are conditioned by our experiences, which often manifests as chronic inflammation, the root of most disease. By understanding and altering these ingrained neural pathways, clients significantly improve their overall health.”

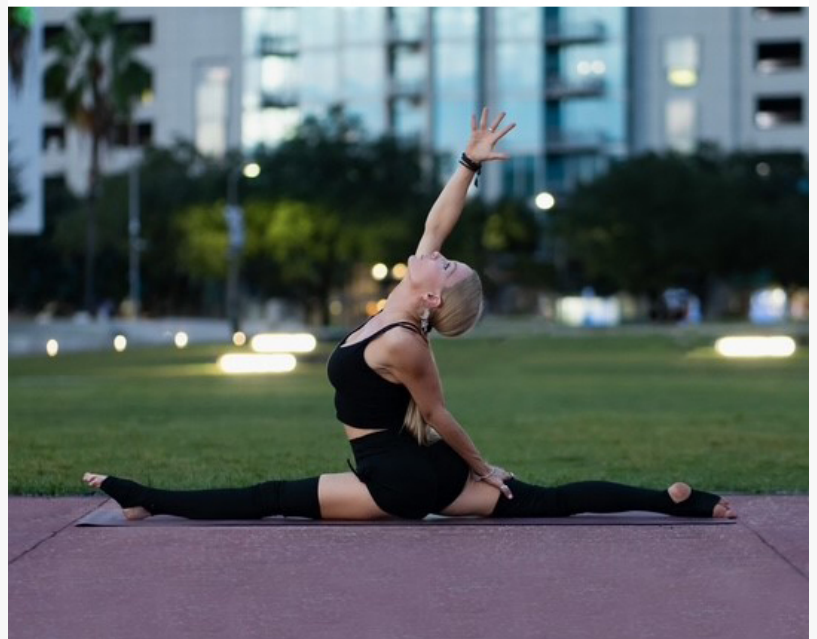
The Impact of Early Trauma: A Core Focus

Laurie’s work places strong emphasis on the long-term effects of childhood trauma, as outlined by the ACEs study conducted by CDC and Kaiser Permanente. She highlights the augmentation of chronic illness rates due to unresolved trauma and stresses the significance of addressing these issues through an integrative, interdisciplinary approach.

“Understanding how trauma affects neural pathways and genetic expressions is crucial,” Laurie explains. “By leveraging functional medicine and gut-brain axis knowledge, we can mitigate negative impacts and foster significant change.”



The Path to Human Flourishing.



Bridging Ancient Wisdom with Modern Science

At the heart of Laurie's philosophy is the integration of ancient wisdom with cutting-edge neuroscience. By employing practices such as yoga and meditation, she supports clients in reshaping their mental frameworks, ultimately facilitating personal growth and self-regulation. Through these methods, individuals learn how to manifest desired life changes and achieve sustainable happiness.

"Our consciousness is powerful," Laurie notes. "By directing our attention and nurturing our mind-body connection, we begin to regulate our biology and emotions, just as sages have taught for centuries."

In addition to one-on-one coaching, Laurie engages in public speaking and teaching engagements, sharing insights into self-regulation, relational dynamics, and leadership underpinned by emotional intelligence. Her work extends to government sector leaders and executives, unraveling personal traumas that hinder professional efficacy.

Looking ahead, Laurie plans to expand her reach through a free podcast and an online learning academy, slated for launch in early 2025. Her flagship program, "The Science of Self-Mastery," will offer on-demand digital content to broaden the impact of her innovative methodology.

Join the Movement



Laurie Ellington is not just a personal or business coach, but a catalyst for transformative change. Her dedication to integrating scientific research with time-honored wisdom instills hope and drives the movement toward comprehensive human optimization.

About Ancient Science

Ancient Science, founded by Laurie Ellington, is a pioneering human optimization consultancy dedicated to enhancing personal and professional well-being through an integrative approach. By harnessing neuroscience, functional medicine, and ancient teachings, Ancient Science empowers individuals to achieve self-mastery and thrive in all aspects of life.

Close Up Radio recently featured Laurie Ellington in an interview with Jim Masters on Monday, January 20th at 2pm EST

[Listen to the Podcast](#)

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For more information about Laurie Ellington, please visit <https://ancientscience.net/>

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