



Synergistic Healing

Healing touch practitioner Sue Heldenbrand, owner of Synergistic Center in Lafayette, says her therapy for migraines, depression, trauma and other illnesses is centered on returning balance to the bodies of her clients.

For Heldenbrand, the process is “like peeling an onion.” “I’m helping to clear the energy field so they can cope with whatever’s going on in their bodies,” she says.

Heldenbrand uses a series of techniques and hand positions to find and release emotions and toxins her clients are holding in their cells, she says.

“If someone’s holding on to a particular emotion like fear, anger or resentment, it causes problems in your body,” she says.

Heldenbrand recalls one client who came to her after suffering from migraines for several years and trying numerous avenues of treatment, all to no avail. What Heldenbrand found was an abundance of emotional trauma that the client had not addressed. The emotional healing treatments Heldenbrand gave brought drastic relief, she says.

Emotional healing and energy treatments are not necessarily a substitute for traditional medicines, Heldenbrand says, but “if someone is looking for a natural alternative, they’ll feel lighter, less burdened and more balanced.”