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I've been doing reflexology for 15 years, and the physical results have been very positive. However, I have found that some people find the physical contact a bit invasive, if they have never had it done before.

I have also become aware of the tension locked in the body, were often linked to the emotions.

TRE has exceeded all my expectations – the fact that the tremoring can release deep seated stress and tension, without the client having to relive their traumas by verbalizing it.