



**Anita Dekker**

**TRE Practitioner Level I, Pharmacist (M.Pharm), Biofeedback Specialist, Wellness Consultant**

**Address**

Pretoria, Gauteng

**Telephone**

+27 82 576 0136

**Email** [joopanita@icon.co.za](mailto:joopanita@icon.co.za)

Although I am a pharmacist by profession, I have always believed in the spontaneous healing ability of our bodies. After the birth of my twins 13 years ago, I explored the field of complementary medicine, starting a wellness practise in partnership with Sportron International (suppliers of the patented licensed Foodstate™ vitamin and mineral supplements).

I qualified as a Biofeedback Specialist using the SCIO Quantum Energy device in rebalancing people's body stressors and coaching them on how to listen to their body's needs.

The need to find a way to deal with chronic stress and trauma led me to the incredible concept of TRE.

I use TRE in my practise as a tool to empower people not only to release every day stress but also to facilitate a better self-awareness and zest for life!