



Ann Linda Baldwin, PhD

Physiologist, Reiki Master
Biofeedback Practitioner
TRE Level 1

Address: Tucson, AZ, USA

Phone: 520-795-4048

Email: abaldwin@mind-body-science.com

Website: www.mind-body-science.com

Ann Linda Baldwin Ph.D. is Director of Mind-Body-Science and is a part-time Research Professor of physiology at the University of Arizona.

Dr. Baldwin studies the physiological effects of stress on the body and for the last 13 years has utilized her research experience in Biofeedback and Reiki to help those suffering from stress-related disorders.

When Dr. Baldwin heard about TRE, she realized what a wonderful addition it would make to the stress reduction programs she offers her clients. She sees TRE drawing the awareness of breath and emotions into the body, manifesting it at the physical level in movement and sensations that free the body of stress and rebalance the whole person.

Dr. Baldwin works with her clients to decrease their chronic pain, headaches, insomnia, high blood pressure, anxiety and depression. She helps people who may be considering medications for stress-related disorders by empowering them with non-invasive alternatives. Her clients also include those who never seem to have enough time to get it all done; she works with them so they may reach their peak performance without undue physical or emotional tension.

Dr. Baldwin obtained her Bachelors degree in Physics from University of Bristol, UK, her Masters degree in Radiation Physics from University of London, UK and her PhD in Physiology from Imperial College, University of London. She has published over 100 articles in peer-reviewed scientific journals and has been a member of several review panels for National Institutes of Health. Her work has been featured on KVOA News 4 and on KUAT Arizona Illustrated.

Dr. Baldwin is dedicated to using her scientific background and healing skills to help each individual reach their full potential physically, mentally, emotionally and spiritually.... and she shows them the data to prove it.