



Dr. Zahida Khotu

TRE Practitioner Level I, Unani Tibb Practitioner (Natural Medicine) / Homeopath / Life Coach / Prof. Nurse – Midwifery / Psych / CHN / PHC / Trauma, Crisis, Stress and Substance Abuse Counsellor / EQ Facilitator / Energy Medicine

Address

16 High Street Brixton, Johannesburg Gauteng, 2092 South Africa

Telephone

011 830 0280 / 0822686727

Email

zeekhotu@hotmail.com

Having spent the last 15 years in a holistic practice, I find the same challenge rearing it's ugly head – after extreme stress, trauma or crisis, people are unable to move back into a state of ease, they stay in a state of dis-ease be it of mind, body or spirit. I have spent most of my time studying, researching looking for a modality that would “shake” this state. I’m glad to say that I have found it – TRE does exactly this – it allows the person to become whole again and be 100% responsible for their own healing and wellbeing! – Thank You David for bringing this modality to the world!!!!