



Creating BALANCE

Elizabeth Nostvick Grooms

Licensed Massage Therapist, Advanced Certified Chakredy® Practitioner,
Certified Health Coach, and Certified Fertility Massage Therapist



WHAT I DO

Support the integration of your physical, mental, emotional body to bring about deep healing and transformation. For over 22 years, I've been working with humans of all ages.

FOCUS AREAS

Stress, anxiety, exhaustion, boundaries, toxic thought patterns, chronic pain, autoimmune diseases, fertility, pregnancy, and postpartum.

WAYS TO HEAL WITH ME

In Person (River Forest, IL) or remotely (via Zoom or Skype).

HOW CAN I HELP YOU?

Help you identify trauma affecting you now. Traumas can be big or small. We often don't remember events that happened in the past that affect our energy now.

Teach you coping strategies to help regulate your energy. We live in a very fast-paced and stressful world. Learning how to navigate it and feel good in your body/mind/spirit is one of my favorite ways to support you.

Help you understand your energy and the patterns you fall into. We all have patterns they can be very supportive or toxic. Together we identify how your energy works and when it is compromised, shifting things so you operate from a calm, centered place is crucial to healing.

Clear energy blocks that are showing up in your body causing imbalance, distraction, and disease. Energy blocks are unprocessed emotions, toxic thoughts that become patterns and makes our energy sluggish, and drained. We work together to move this energy or true deep healing.

Heal from a stressed out nervous system, exhaustion, and depletion of energy reserves. Often we don't get support until we are in crisis and our whole system is in need of healing. I teach skills and techniques for you to take with you to support your energy daily.

LET'S CONNECT

www.creatingbalancewellness.com