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ANXIETY & THE STIR IF THE FRAGMENTED SOULS

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Acupuncture stands out as a promising avenue of exploration for anxiety and other mental– emotional disorders. In Traditional Chinese Medicine it is known that if the heart is calm it creates a peaceful space for the mind to reside. Ian will discuss the intrinsic relationship between the souls of the body and their relationship to mental – emotional disorders. He will examine the soul energies of Hun and Po and their effects on the mind along with diagnosis and practical treatments.

Biography

Ian is the founder of The Elmtree Clinic an established and recognised integrative fertility clinic in Galway, Ireland. His powerful and clear vision is to bring science, medicine, psychology and spirituality together in the service of health and healing. With a particular passion for mental– Emotional health Ian's unique approach has helped him become a prominent advocate for his new approach to mental health, sharing his pioneering work with a gentle graciousness, enthusiasm and humility.

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