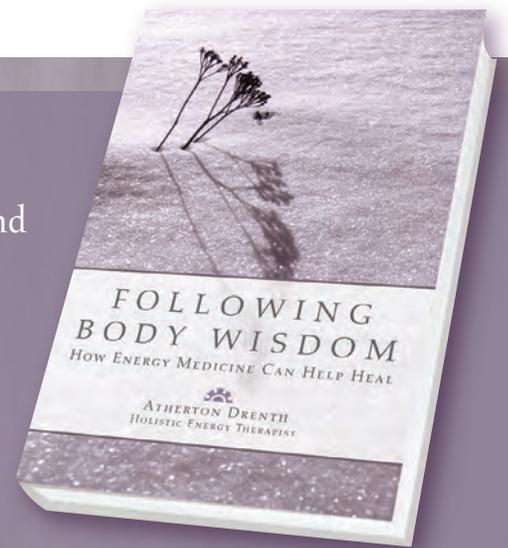


Following Body Wisdom: How Energy Medicine Can Help Heal is now available in Guelph at The Bookshelf, Eagles and Auracles and online via www.followingbodywisdom.com, www.amazon.com and www.chapters.ca



visit www.followingbodywisdom.com



Atherton Drenth's first book *Following Body Wisdom* was published in the Fall of 2009.

The book was written to appeal to anyone seeking knowledge about energy work and how it can help them on their healing journey.

Based on her extensive experience as a Holistic Energy Therapist and Medical Intuitive, Atherton provides gems of wisdom and practical guidance to help you in your quest for physical, emotional and spiritual well-being.

"This book is a good start for people wanting to understand energy healing and how it can be helpful for a wide variety of problems, from a healer with many years of experience. A rich collection of stories of Atherton's personal lessons and healings, as well as those of people she has helped, illustrate many of the ways healing can be helpful to you."

Daniel J. Benor, MD (US), author of Seven Minutes to Natural Pain Release and Healing Research, Volume 1: Spiritual Healing - Scientific Validation of a Healing Revolution

"Following Body Wisdom is a very accessible book for anyone interested in taking control of their health. It provides valuable insights and examples of how energy medicine may help you achieve the level of health you desire and deserve. Atherton is a gifted healer and her efforts to bring her experiences to print will serve to enhance the lives of countless people."

Dr. Bruce Walton, D.C.





www.athertondrenth.com

www.followingbodywisdom.com

Atherton Drenth is a clairvoyant, Medical Intuitive and Holistic Energy Therapist, facilitating transformational healing for her clients in Guelph, Ontario. She is also a compassionate teacher committed to helping others develop their full intuitive potential through workshops and retreats.

There are millions of patients, everyday, who fall through the cracks of diagnosis. Many have developed skepticism and distrust of the medical profession because it is no longer listening to them as a patient and an individual. Atherton invites us to see the healing process within a different paradigm where we look at the whole body instead of simply looking at the symptoms of illness. Using this holistic model, she advocates for the harmonious integration of complementary and traditional medicine to help the body heal.

Atherton has trained with numerous innovative healers and practitioners within the advancing field of energy medicine. Her training includes: Therapeutic Touch™ (level III), Biocomputer Operating System™, Total Body Modification™, Craniosacral (level I) and certification as an Angel Therapy Practitioner® and Medical Intuitive.

Atherton is publishing her first book “Following Body Wisdom” to help the public discover what energy medicine is, how to work with an energy medicine practitioner and what to expect from a session.

The body is very wise. It has an innate ability to heal itself. As an intuitive, Atherton can feel, sense and see energy created by humans and animals. Her profound intuitive skills assist people in understanding the emotional, mental and physical reasons why their bodies have developed an imbalance. Atherton works alongside her patients to gently and caringly restore a state of wellness and harmony.

