


Delmarva Locals Wellness Experiences

Dr. Jennifer Douglas
Being Human Energy

A circular icon with a gold border and a light blue background, featuring a gold brushstroke at the top and bottom. The text "Emotional Freedom Technique" is centered within the circle.

Emotional
Freedom
Technique

- Relieves stress by talking while tapping on acupressure points
- Releases negative emotions, anxiety, PTSD symptoms
- Reprograms nervous system response for lasting change
- Great for: when you want to talk it out
- Cost: \$150/hour

A circular icon with a gold border and a light blue background, featuring a gold brushstroke at the top and bottom. The text "Biofield Tuning" is centered within the circle.

Biofield
Tuning

- Therapeutic sound experience using tuning forks
- Restores balance and coherence to body and emotions
- Offers deep relaxation and stress relief
- Great for: when you want to rest and rejuvenate
- Cost: \$150/hour

A blue rectangular logo with the text "Being HUMAN" in white and green, and "Transformational Wellness" in white below it, flanked by two white arrows.

Being
HUMAN
— Transformational Wellness —

Delmarva Locals Wellness Experiences



- Like acupuncture without the needles!
- Based in Chinese Medicine principles
- Balances the body's energy to facilitate healing
- Great for: when you want a deep dive into a specific physical issue
- Cost: \$199/ 90 minute session

Contact Me to
Book!

<https://BeingHumanEnergy.com>

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