



Solutions for business prosperity and successful life balance

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Contact: Nancy Pierce, Zeal PR, Inc. **For more information:** www.theindigoconnection.com
p/f 330-777-0245
nancy@zealpr.com

WAIST-MANAGEMENT EMOTIONAL FREEDOM TECHNIQUE SEMINAR OFFERED
Unique approach to losing excess inches promotes overall sense of well being; reduces health risks

Strongsville, Ohio – The holidays are notorious for being a time when most of us eat lots of goodies and gain a few extra pounds. No big deal, right?

Wrong! Clinical studies have proved that an expanding waist size brings significant health risks, including major diseases such as diabetes and cardiovascular disorders. Overweight women are more susceptible to ovarian cancers and men are at risk for prostate and testicular cancers and reduced fertility.

The Indigo Connection in Strongsville is offering a four-part “Waist Management” class using Emotional Freedom Technique (EFT) and Energy Coaching, beginning Saturday, January 12, 2008.

According to Betsy Muller, Founder of The Indigo Connection, EFT is an innovative self-help technique based on the ancient principles of acupuncture and is used successfully by executives, athletes, professional speakers and holistic health professionals worldwide. EFT involves tapping on specific acupuncture points to gently realign the body’s energy disruptions caused by emotional experiences, difficult situations and stressful memories.

“I teach people ways to integrate EFT into daily life to address challenges such as public speaking, work productivity, relationships, test taking, food cravings, stress, health habits and mental clarity,” said Muller. “It truly becomes a new ‘survival tool.’”

According to Muller, the goal of the Waist Management seminar is to help participants become proficient at EFT while gaining support and losing inches. “We’ll focus on practical ways to use EFT to address anxiety about weight loss, self image, our thoughts about food, healthier food choices, chocolate and sugar cravings, calming our stress eating patterns and providing support for regular exercise.” The seminar is limited to 12 participants and prior training EFT is required. An introductory course is scheduled for January 5.

Muller believes the waist-hip ratio is a better measure of assessing a person’s risk of heart attack than body mass index. “Women with a waist-hip ratio of 0.7 have optimal levels of estrogen and are less susceptible to major disease. Similarly, men with waist-hip ratios around 0.9 have been shown to be more healthy and fertile,” she explained.

BMI is the most common tool to gauge the likelihood of weight-related diseases. Developed by the National Institutes of Health, it is a measure of body fat based on height and weight that applies to both adult men and women. (For more information, visit <http://www.nhlbisupport.com/bmi/>.)

For more information, visit www.theindigoconnection.com or call 440-238-4731.

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About The Indigo Connection

The Indigo Connection, located inside the Inner Harmony Wellness Center at 17075 Pearl Road in Strongsville, Ohio, is committed to making personal growth education and resources widely available through private coaching, affordable group learning opportunities, inspirational programs and collaborations with other educators. Founder Betsy Bartter Muller is a certified energy health practitioner (C.EHP), a certified energy coach (CEC), and a certified medical office manager (CMOM). She holds an MBA in Systems Management from Baldwin Wallace College. Programs offered include Deliberate Life Balance, Creativity, Spiritual Business Leadership, Emotional Freedom Technique (EFT) for Powerful Self-Care, Healthy Relationship Boundaries, Integrity, Energized Selling and Living Your Purpose. For more information, visit their website at www.theindigoconnection.com or call 440-238-4731.