

Know Thy Self

INTEGRATIVE MENTAL WELLNESS HUSTLE



**February
2023 Edition**

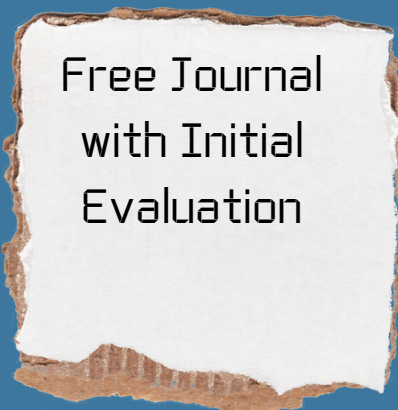
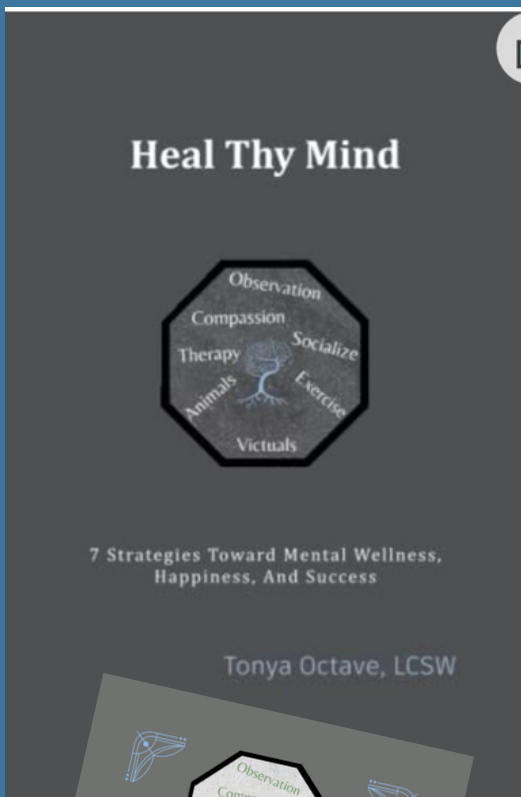
I read your bio on the "Alma" provider profile list. I guess I may have traumas, I think we all do. I mainly want to work on my anxiety. I have three children, 1, 4, and 7 years old and things are very stressful in my house. I also want to talk about nutrition, that seems it may be helpful to.

Accepting NEW Patients:



Octave's Method

Do you struggle with depression and anxiety? What about unresolved stuff, maybe trauma-related, that you avoid? Have you battled health issues and weight gain? Do you find yourself blaming others in relationships instead of taking responsibility? You may feel stuck in behavior patterns that seem insurmountable. I have struggled with all of these issues and more but have not stayed stuck in those patterns. Instead, I have transported my life through an integrative approach based by my last name, OCTAVES. As a private practice clinician, I provide tools for people who have experienced anxiety, depression, and traumas to make changes and work toward wellness and hope. In this book, "Hal Thy Mind: Seven Strategies Toward Mental Wellness, Happiness, and Success," you will discover practical tips and a comprehensive plan to revamp your lives, from stuck to play-filled and purposed, thriving in life. It is time to make a change!



WHEN IT COMES TO HEALTH, BIOENERGETICS GOES BEYOND CHEMISTRY TO LOOK MORE DEEPLY INTO ROOT CAUSES BY EXPLORING ENERGY AND THE ENERGY FIELDS THAT CONTROL IT. THIS GIVES US INSIGHTS INTO WHERE THE BODY NEEDS SUPPORT SO WE CAN WORK TO CORRECT IT RATHER THAN JUST SUPPRESSING SYMPTOMS. THIS ALSO LETS US EXPLORE THE REALM WHERE CONSCIOUSNESS INTERACTS WITH PHYSICAL REALITY, GIVING US INSIGHTS INTO HOW STRESS AND EMOTIONS AFFECT OUR HEALTH.

WITH THE NES HEALTH SOFTWARE, WE LOOK AT THESE DETAILS OF THE BODY'S TRUE CONTROL SYSTEM:

- HOW IT'S INTERACTING WITH ITS ENVIRONMENT
- HOW WELL-POWERED IT IS
- HOW WELL COMMUNICATION IS TAKING PLACE FOR BOTH EVERYDAY HEALTH AND FOR HEALING PROCESSES
- HOW IT'S IMPACTED BY STRESS AND TRAUMAS, AND WHERE THIS MAY BE AFFECTING THE BODY
- HOW WELL IT'S RECOGNIZING AND RESPONDING TO NUTRIENTS AND TOXINS



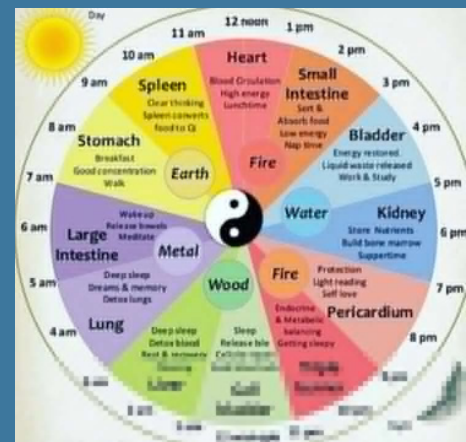
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Can I treat Trauma,
Anxiety, and Depression
with food ”

Holistic Nutritional Consultations



A nutritional evaluation will explore your wellness goals and assess areas of strengths and challenges. I will provide recommendations on supplements and nutritional plans and discuss cellular repair. Finally, we will explore changes to your diet to optimize your wellness, happiness, and success while decreasing symptoms associated with trauma, anxiety, and depression.



<https://www.tonyaoctave-lcsw.com/>

NEW INFORMATION AND FREEBIES ADDED

As a mental health integrative clinician, I have been treating patients suffering from trauma symptoms for well over 20 years.

I have discovered that "TRAUMAS" are experienced by all of us. So we have this universal shared experience in the world, and it does not matter our age, race, gender, sexuality, economic disposition, family composition, lifestyle, or life choices; Traumas impact us all.

In the field of psychology, Sigmund Freud was given credit to be one for his work in laying the foundation of trauma studies. However, philosophy, such as in ancient civilizations, in Egypt, India, and Greece, explored the universal experiences of traumas

"Traumas are these things that connect us and separate us. Traumas cause pain and healing. Traumas damage and strengthen the mind-body-spirit" Octave 2022

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