

## HYPNOTHERAPY

Transitions Counseling Center  
Margot Tepperman, LCSW, BCD

559-233-7250



HYPNOSIS IS A POWERFUL, EFFECTIVE AND IMMEDIATE TOOL TO BRING ABOUT PROFOUND CHANGE, eliminate addictive behaviors, improve SPORTS PERFORMANCE, reduce anxiety while giving presentations, taking tests, and for accessing solutions to problems generated in PAST LIVES. Sometimes used in combination with EMDR. Excellent for post surgery, pain reduction, health issues, and enhancing sexual function. (Also see Psychological Services and Coaching.) [mtepperman@aol.com](mailto:mtepperman@aol.com)  
[www.transitionscoaching.com](http://www.transitionscoaching.com)

## MAGNETICS

NIKKEN Independent Wellness Consultants 559-432-6063  
Gladys Griffith *See Ad page 18, Fresno*

## MASSAGE THERAPY

Touch of Japan  
Jaber Audi, MST, LMT, CST

559-259-5425



RELAX! Let Jaber reduce your stress, improve circulation, get rid of toxins, and revitalize your energy so you feel GREAT! His touch brings great relief to everybody that comes in to get 'Jabersized'. He offers a Preventative Body Maintenance program and has worked with cancer survivors. As needed he uses Shiatsu, Acupressure, Swedish Massage, CranioSacral Therapy, Reflexology, Lymph Drainage Therapy, Muscle Release Technique and more. Choice Award Winner. [www.TouchOfJapanFresno.net](http://www.TouchOfJapanFresno.net)

"Heaven is largely a matter of digestion,  
and digestion is mostly a matter of mind."  
-- Elbert Hubbard