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available at [www.emotionalhealthcentre.com](http://www.emotionalhealthcentre.com)<sup>i</sup>

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The information presented in this website (program/manual)<sup>ii</sup> and all its contents, including any audios, videos or self-help suggestions are educational in nature and are provided only as general information. As part of the information contained in this website and blog, you understand that you will be introduced to various systems of Holistic Energy Therapies, including EFT (Emotional Freedom Techniques), LiberatingTouch® and Jin Shin Jyutsu. To date, Energy Therapy has yielded remarkable results for relieving emotional and physical distress. Energy Therapy appears to have promising mental, spiritual, and physical health benefits but has yet to be fully researched by the Western academic, medical, and psychological communities. The prevailing premise is that Energy Therapy uses the ancient Asian healing systems to relieve emotional stress and physiological pain. It balances the energy system with gentle touch or tapping procedures while conversing about one's challenges. By browsing on our website, downloading the resources or booking sessions and/or workshops, you understand that Energy Therapy is considered experimental and the author and all related persons with the Emotional Health Centre website do not know how you will personally respond to Energy Therapy and whether Energy Therapy will help you.

Due to the experimental nature of Energy Therapy and because it is a relatively new healing approach, the extent of its effectiveness as well as its risks and benefits are not fully known, you agree to assume and accept full responsibility for any and all risks associated with reading this information and using Energy Therapy. You understand that your choice to use Energy Therapy is of your own free will and not subject to any outside pressure. You further understand that if you choose to use Energy Therapy, it is possible that emotional or physical sensations or additional unresolved memories may surface which could be perceived as negative side effects. Emotional material may continue to surface after using Energy Therapy, indicating other issues may need to be addressed. Previously vivid or traumatic memories may fade which could adversely impact the ability to provide detailed legal testimony regarding a traumatic incident.

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**<sup>i</sup> This Disclaimer is also valid for all programs, workshops, sessions, guides, manuals created, presented, authored by Eddie and Ranjana Appoo**

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