



## Relaxing

A powerful complement to modern medical care as well as other natural modalities.

## Rejuvenating

Specific to the client's body and experience.

## Natural

Completed in the 14 energy meridians documented in traditional Chinese medicine.

# Mind · Body · Energy

Approach to Natural Wellness

## How can we help you?

### Typical Items We Address

- Low Energy
- Anxiety
- Weight Gain/Loss
- Allergies
- Pain
- Toxicity
- Hair Loss
- Depression
- Sleeplessness

... and many more

Book a session today that's uniquely tailored to your body's needs!

# Verbena

## Healing Arts

Natural Wellness with Susan Heidi Filardo

Bioenergetic Kinesiology · Herbal Arts & Science

A true client-centered practice based on your needs.

Susan Heidi Filardo (BS ChE)  
Health Kinesiology (HK™) Practitioner  
Herbal Consultant

New York · Connecticut

By Appointment Only

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## Mind · Body · Energy

A specific form of Bioenergetic Kinesiology, Health Kinesiology™, called HK™ for short, is a scientific system of Mind-Body work developed by Jimmy Scott, Ph.D., a Psychologist and sleep research scientist. The HK™ system locates imbalances in the body's energy meridians using the bio-feedback method of muscle testing and directs "correction" of the imbalance by gentle touch on specific points on the energy meridian.

## The HK™ Practitioner

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Determines, through systematic detective work

- what the body wants done to regain health
- where energy is blocked
- what foods/nutrients are needed for energy balance
- what other barriers may be in place that are preventing healing
- corrects any energy imbalances to promote the body healing itself.

The HK™ Practitioner is required to complete 5 levels of training from an Authorized HK™ Facilitator, who must complete a rigorous training program designed and supervised by Dr. Scott.

### Who is *my* Practitioner?

Susan Heidi Filardo (BS ChE) has completed 9 levels of HK™ training and a 32 hour/week, 18 month apprenticeship (January 2016 – June 2017) with Madeline Drabkowski, a certified HK™ Practitioner and Teacher for over 30 years.

A student of The Herbal Academy and member of the American Herbalist Guild, Susan applies her knowledge of chemistry and the phytonutrients found in herbs with this powerful mind-body work to help restore the body to health naturally.

Introduced to Bioenergetic Kinesiology over 25 years ago, Susan attributes her success in engineering, raising her family, and subsequent pursuits in fine art, fitness, the practice of HK™, and her studies in herbal arts and science to this mind-body-energy work.

While not a replacement for medical care, the corrections completed during a session set in motion the healing process and are:

- A powerful complement to modern medical care as well as other natural modalities.
- Specific to the client's body and experience.
- Developed using systematic questioning of the body's cellular intelligence.
- Completed in the 14 energy meridians documented in traditional Chinese medicine and utilized by acupuncturists for several thousand years.

## The Session

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\$125 per 60 minute session

A typical HK session is very relaxing. The fully clothed client will be asked to lay on a massage table while the practitioner uses a non-invasive muscle testing procedure to "talk to your body".

## Contact

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