



Linda Thursby

Award Winning Energy & Trauma Therapist
Reboot | Maintain | Rehabilitate

Is your body or mind screaming out for some attention?

Have you not been yourself since an accident,
a trauma or an injury?

Are you finding life is difficult to cope with?

Are you struggling to get clarity?

Do you have aches and pains that just keep coming back?

Your body and mind are like a computer and occasionally needs updating to deal with what life throws at you. I reboot the body and mind using a toolbox of techniques that I have learned since 1993.

After a near fatal trauma, I discovered techniques that helped my body and mind reboot and rehabilitate. I now use these to help clients with all sorts of issues. I am **a body troubleshooter** and solve problems by getting to underlying issues of emotional and physical trauma. I **offer a solution** for those who feel they are banging their heads against a wall, with limited options to assist them. This leads to more stress, depression, anxiety and pain, a vicious circle.

I also offer Wellbeing MOT's for those who just want to maintain their health.



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Techniques I use include BodyTalk, Myofascial Release,
Body Alignment and Reiki among others.

TESTIMONIALS

“I was back playing football a week after
my injury instead of several weeks”

“I feel like a new woman – I feel more connected”

“One stop shop for health and wellbeing”

“Linda seems to be able to translate
what the body needs to clear”

“I feel more alive than I have in years,
my anxiety levels have reduced”

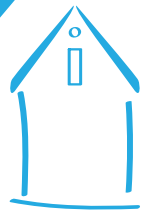
“It is magic”

Contact me to see how
I can transform your life

07788 456456

Visit me at my lovely Norwich clinic
or I can work with you remotely.

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