



Carol's Story

Growing up in Green Bay, I was an extremely sick asthmatic kid, hospitalized more times than I want to count. I know the fear, worry and depression that comes with not being able to breathe. Of not wanting anyone to know I was having trouble, of feeling weak or deficient in some way. Of feeling out of control, that my body hated me and that there was nothing I could do to change that.

It seemed like anything would trigger my asthma; allergies, excitement, tension in the home; I was my family's barometer, so to speak. When the tensions were high, I'd get sick and the focus would shift. I was more like the pressure release valve for the family. Not a good role to have, let me tell you. As a highly sensitive and emotional child, I was teased terribly for being a "cry baby" and learned early on that emotions were not good. I tried to hide my emotions, failed often and struggled to gain control.

While I now realize all emotions are essential to life, I still struggle to express the negative ones, anger, fear, guilt and sorrow. I struggled for years trying to figure out "why me," why was I "gifted" with this physical sensitivity and depth of emotion? That was me as a child, but I learned that I could take control, be mindful and choose my path. It is all about managing what you can, seeking solutions that help and listening to your body when you need to rest.

I've learned lots over the years as a respiratory therapist; everything from medications to infection prevention, nutrition to exercise and most importantly, how to LIVE with your health challenge! I got a degree in Social Work to understand my family's dynamics and roles and how to cope with the trauma that occurred there. It wasn't until I learned about AMMA Therapy, how energy is part of who we are and that we can control that energy, that I gained emotional balance. I was 48 years old.

Before AMMA, my life was a wild roller coaster of emotions, exuberant "up" days and devastating "down" days. I thought this was my personality, who I was, and that I was destined to be at the mercy of my emotions. And yet, I hoped for more, for a better me and kept seeking knowledge and found AMMA, traditional Chinese medicine and qigong. They absolutely changed my life! I learned so much, about myself, about energy and how it can impact you physically, emotionally, spiritually and mentally. And most importantly, that we can all be in control of that energy at any given moment. As a licensed massage therapist/Asian bodyworker and registered respiratory therapist with more than 40 years in healthcare and 17 years as an energy healer, I combine the best of Eastern and Western medicine. Trained in traditional Chinese medicine, I offer energy hands-on healing with AMMA Therapy, Qigongs, Tai Chi and Meditation. My western-based specialties include FIT2Breathe, an exercise and education program for adults with lung disease (COPD) and Kamp KiWA, education for parents of kids with asthma and allergies. To be clear, while my passion is to aid those with lung issues, blockages of energy can impact every aspect of a person's life and unblocking that energy can alleviate most health challenges. Becoming aware of energy flow through qigong practice can further aid healing and overall well-being.

My mission is to offer hope, joy and healing to those seeking wellness. It is all about choices, let's make more "healing choices" together! I look forward to meeting you and sharing experiences, providing information you can use and supporting you on your journey! Carol

