

Addictions

It was May this year and my life was out of control, I was a mess. I had an addiction to Chocolate which was the first thing I worked on at the Optimal Wellness Clinic.

Two months later and I still have not had any chocolate, I just don't need it anymore, and that was after only one session.

The other thing I wanted to work on was that I could not stop spending money, mind you I made a lot, however my Credit Card debts were over \$40,000.

Since the first session with Colin on this; I have actually taken back clothes that I had out on APRO and have not used a credit card since.

My finances are now in control and I am happily paying these cards out never to be used again.

We also set a limit of 2 glasses of wine once or twice a week and I have not exceeded this either.

I am now working through areas of separation and my life is just getting better and better.

Through EFT (Emotional Freedom Techniques) I became honest with myself, and realised that the spending, the chocolates and the wine were just surface issues for me to get through.

Amanda (Townsville)