

Jenny Battig of EPIC Renewal Concepts to be Featured on CUTV News Radio

MELBOURNE, FLORIDA, USA, November 2, 2015 /EINPresswire.com/ -- Our bodies have the ability to heal themselves both emotionally and physically. We simply need to tap into that amazing flow of natural healing energy.

Hypnotherapy has been recognized as one of the most powerful techniques to restore healthy mind and body balance naturally. Its success is based on tapping into the power of the subconscious mind to clear away the beliefs that distract and block the normal behaviors and healthy functions of the body.

Jenny Battig is a Certified Clinical and Interpersonal Hypnotherapist, a Certified Trainer, Coach and Speaker and the founder of EPIC Renewal Concepts, Inc.

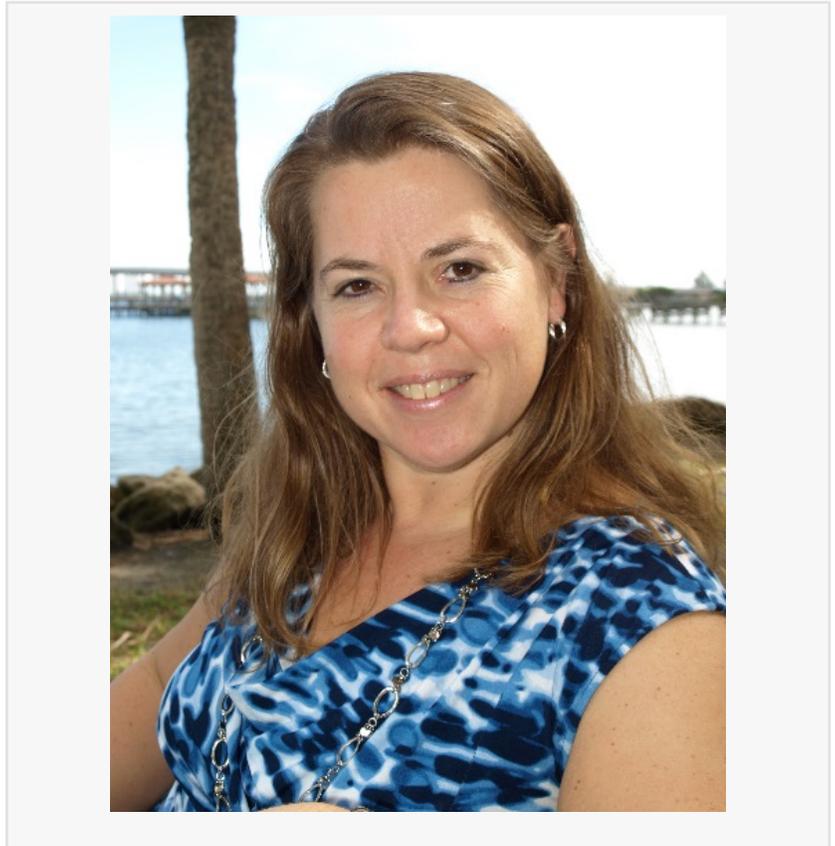
“We’re so used to going to the doctor for

drugs, but there are so many possibilities to balance our mind, body and spirit,” says Battig. “I want to facilitate change for people and make sure they are aware of how much power we have within ourselves to achieve the health and happiness we desire.”

The “EPIC” in EPIC Renewal is an acronym that stands for External Peace, Internal Calm. Jenny says her true passion is to educate and inform people about more natural ways to achieve lasting health and happiness, rather than relying on pills or other short-term options that only suppress or delay our ability to reach our full potential.

Jenny says her clients are typically people seeking more natural ways of dealing with their health or people who have tried everything but nothing has really worked. They’re looking for ways for their body to heal through the power of intention. Jenny works with the client to develop their own custom suggestions. She also applies several protocols that involve interacting with the clients while in hypnosis to uncover what core beliefs are affecting them and to facilitate transforming those beliefs to support achieving their goals instead of sabotaging them.

Prior to establishing EPIC Renewal Concepts, Jenny was a human factors / systems engineer for nearly 20 years, helping to bridge the gap between what the software engineers were capable of producing and what end users really needed to do their jobs better. Eventually, however, the



functionality of software application wasn't quite enough for her and she discovered hypnotherapy and its potential to truly change lives.

Jenny says it wasn't a huge leap to go from engineer to hypnotherapist: both are focused on the same question: What is the potential for a person to interact with their environment in the most efficient way? She says the conscious mind is like the application platform on a computer, while the subconscious mind is the programming; we have to access the programming to change function. Hypnotherapy provides this access.

"By tapping into the subconscious, there is an opportunity to shift the negative beliefs we've developed about ourselves so we can have a more healthy view of what we're capable of," says Jenny.



CUTV News Radio will feature Jenny Battig in an interview with Doug Llewelyn on November 4th at 10am EST.

Listen to the show at [BlogTalkRadio](#).

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Jenny Batig

If you have a question for our guest, call (347) 996-3389.

For more information on EPIC Renewal Concepts, visit www.epicrenewal.com

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