

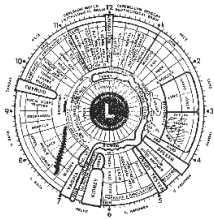


# Cristo Berardi

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## Wholistic Health Services

- Iridology, Jensen Certified, 1996
- Comprehensive health evaluations
- Wholistic counseling & education
- Nutritional-based improvements
- Drug-free recommendations
- Analysis beyond the symptoms
- Proper food combining advice
- Knowledgeable intestine cleansing
- Yeast & parasite detoxification
- Acid-alkaline health wisdom
- Raw/living nutrition expert
- Safe/effective fasting processes
- Phone consultations available
- House calls too!



Iridology is well established science of analysis known worldwide. It is comprehensive & non-evasive for viewing the body quickly, accurately & wholistically. Cristo evaluates the remote bodily tissues via the iris to determine the structure, color, density & quality of minute nerve fibers. He can see the body's fundamental genetic integrity & it's ability to recuperate. Recommendations deal with root-cause physical, emotional & mental issues causing acute or chronic "dis-ease" imbalances. It's not symptom-based diagnosis. Iridology offers a view that blood & urine, x-rays may not reveal. It is a unique & important contribution toward truly understanding the dynamic and obvious nature of health & illness.

Iridology/health services: \$75-150 for the initial visit (sliding scale), \$45-90 per visit thereafter. Clients are encouraged to commit & invest in at least 2-3 follow up consultations to establish healthful & appropriate protocols, monitor progress & to help maximize your potential for longterm fundamental improvements.

# LighTouch

by Cristo

- Release anxiety
- Resolve depression
- Vibrational attunements
- Peaceful relation music
- Transformational breathwork
- Meditative journey assistance
- Essential oils Raindrop treatment
- Assess nerve plexus (Chakra) integrity
- Polarity/balancing of major nerve plexus'
- Gentle rocking to initiate circulation
- Remote/distance sessions available
- Earth Knowledge Oracle readings
- Bagua elemental wisdom counseling

LighTouch sessions:  
can last 1-2 hours, \$50-85hr (sliding scale). Clients are encouraged to invest in several indepth sessions to benefit in a positive & profound manner. The healing methods applied by Cristo offer clients the potential for deep whole-body releases, relaxation & rebalancing on a mental, emotional & physical level.

