

Chi For Healing integrates Chinese medicine with holistic healing practices to provide a multi-faceted program to take back your health. Erik specializes in helping people suffering from chronic pain and illness to get to the root cause of disease and heal.

Erik has been deeply connected to nature his entire life. Erik has also dealt with multiple injuries and chronic illnesses. Each time he dealt with these issues he was led to natural medicine to heal himself.

During his college years while learning psychology he learned primitive skills from Native American traditions which included how to forage for wild food and medicine. He was also introduced to yoga during this time and yoga was the first mindful movements that helped to change his life.

After college Erik continued his learning about natural healing. He learned how to make plant medicine with herbs, and use medicinal aromatherapy for healing. His healing journey eventually led him to Dr. Ming Wu, who began treating Erik with Chinese medicine which included acupuncture treatments and a regimen of Chinese herbs and teas.

He attended Tong Ren healing classes, learned Tai Chi and Qi Gong, and made other lifestyle changes including his diet. After integrating all of the different practices he was working with over time Erik became healed of his injuries and illnesses.

Erik then completed a five-year apprenticeship with Dr. Ming Wu where he received certifications in many of the holistic modalities that had personally helped him to heal. Following his apprenticeship, he graduated

from The Connecticut Institute Of Herbal Studies program in Chinese Herbology with Laura Mignosa.

It has become Erik's mission and purpose in life to help people who are suffering with chronic illness and pain to use holistic healing to heal themselves.

With over 15 years of experience in his practice Erik has helped many people heal from a wide variety of conditions. He can customize a plan that is comfortable for you and where you currently are in your life. His protocols can focus on diet, supplements, herbs, exercises, and detoxing, along with the appropriate treatment strategies using the modalities he works with.

Erik holds a BS in Psychology from Springfield College in Springfield, MA. He is a member of The American Association For Drugless Practitioners, and is a member of The Holistic Community Professionals.

Get in touch with Erik at Chi For Healing and restore the healing Flow of chi in your life today!