

Dale Paula Teplitz, President

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Dale Paula Teplitz, M.A., is an expert in the field of Energy Medicine, including Earthing™ Technology and Energy Psychology. She is an author, researcher, speaker, educator and practitioner.

In the 1990's with over 20 years as a healthcare professional, Dale experienced a serious health crisis. It was through her personal search for relief from pain, illness and sleep problems that she learned about the groundbreaking discovery of Earthing™. After a lengthy struggle to get well, Dale's health was quickly restored utilizing a combination of Earthing™ and Energy Psychology.

Passionate about helping others improve their health and performance, she became a researcher and author in Earthing™ Technology (see www.barefoothealth.com), working closely with its discoverer, Clint Ober. She published the first peer-reviewed study in Earthing™ Technology, and participated in conducting additional studies. These form the scientific foundation of the technology.

Dale's Energy Psychology and Energy Medicine experience includes working directly with Emotional Freedom Techniques founder, Gary Craig, in his workshops and in the development of advanced practitioner trainings. Dale creates and teaches seminars, and practitioner training around the country. She has trained and worked with some of the greatest Energy Medicine teachers of our time, including Donna Eden author of *Energy Medicine* and James Oschman, author of *Energy Medicine: The Scientific Basis*.

As a professional speaker, Dale has presented programs to educational conferences, professional associations, organizations, health foundations and radio audiences. She is the author of numerous published articles.

Dale believes our bodies have the ability to heal from almost any condition if we relieve imbalances caused by stress (physical, emotional and environmental), and provide our bodies with essential natural elements. She has helped her clients achieve amazing breakthroughs in physical and emotional issues and to optimize performance in all areas of their lives.

Her passion is inspiring others to vitalize their body and mind by utilizing the most natural and effective techniques available. Her cutting edge techniques, based in ancient wisdom, facilitate life-changing results in only minutes a day. Dale created Barefoot Health, Inc., as a means to share these simple natural methods with others.

Ms. Teplitz maintains a private practice in energy psychology and is available for consultation and training workshops.