

International Webinar on LATEST ADVANCEMENTS IN MEDICINAL BIOLOGY

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What is mental health? What do we perceive as mental health today? Is mental health only about Alzheimers, dementia, trauma.... Or is there more? How can we deal with these issues? Is there a more holistic approach using alternative therapies like essential oils? Over the 25 year span of her career, Sunita has helped, treated and mentored so many patients. The one common thing she did notice was that the state of mind did match the issues they were facing. It was not only important to ease the symptoms, but also correct the way thoughts were being processed. In the vast arena of holistic healing, it is a well-known fact that, thoughts create emotions and negative thoughts and emotions manifest in the form of some disease. From consultation to therapy, Sunita believes in peeling away layer after layer of the thoughts to get to the underlying emotion that is the real cause of the suffering. In this webinar Sunita will open a discussion on a few of her basic 'go to' essentials oils that she prefers to use regularly on individuals with these conditions. Her invaluable experience in this field is first hand, from which she has learnt many lessons that will stay with her forever, carving out who she is today. Sunita credits her exponential growth and her empathic nature to these learnings, which she was lucky enough to experience so early on in her career.

Biography

Sunita Teckchand completed her clinical aromatherapy education in 1998 from Hong Kong, and presently lives and works in Dubai, UAE. She is the owner and principal tutor of 'The Holistic Alternatives', where she teaches the IFPA accredited program on a digital platform. She also markets her own brand of organic essential oils - 'eSSensuals'. She has personally tutored and mentored students that have graduated on to become successful therapeutic massage practitioners and clinical aromatherapists. She has been interviewed on radio, television and magazines. She has also published several articles. She currently is an external examiner, a trustee and continues to be a board member of the IFPA since 2019.

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