

ABOUT THE AUTHOR

Synthia Andrews, Ph.D



SYNTHIA ANDREWS is a naturopathic doctor, teacher and author with a 30-year background in massage therapy and energy work. She is a Reiki Master, is trained in advanced bodywork and energy modalities and received her doctorate in Naturopathic Medicine in 2008 from the University of Bridgeport. She has a private practice in Guilford, Connecticut, where she combines natural medicine with energy modalities, exploring the emotional and spiritual factors of health and healing.

As a teacher, Synthia focuses on helping people develop and use their energy awareness and intuitive capacity. She is an authorized teacher of the Jin Shin Do® Foundation, was a faculty member at the Connecticut Center for Massage Therapy (CCMT) for 15 years and taught in the Medical Massage program with CCMT in conjunction with Hartford Hospital. In addition she teaches classes at the Kripalu Yoga Institute and speaks at local, national and international forums.

For the past 20 years Synthia has joined her husband, research-author Colin Andrews, in the study of consciousness and spirituality. Her unique contribution is in the impact on the human body of changing consciousness. She brings insight from her knowledge of physiology and energy anatomy along with her personal experience in expanding consciousness.

Synthia is co-author of three previous books including *Acupressure and Reflexology for Dummies* (Wiley, 2007), *The Complete Idiots Guide to 2012* (Penguin, 2008) and *The Complete Idiots Guide to the Akashic Record* (Penguin, 2010). She can be reached at www.andrewshealingarts.com or www.thepathofenergy.com. She will be speaking on the embodiment of consciousness at the 2012 Power Places Tours conference at Chichen Itza in December 2012.