

## About Lisa J. Berger



In 1995, Lisa graduated from acupuncture school and began her acupuncture practice. She certified in Zero Balancing in 1997, and in 2004 joined the faculty of the Zero Balancing Health Association (ZBHA).

Lisa has also trained in Nambudripad's Allergy Elimination Technique (NAET), Tapas Acupressure Technique (TAT), Qigong Healing and Acutonics.

Lisa uses her subtle senses and evaluation skills to deliver precise and effective treatments. She is compassionate and open-minded and wisely guides her clients around self-care practices.

Lisa gives presentations about ZB and teaches both introductory and advanced courses. Since 2006, Lisa has served on the Board of Directors of the ZBHA.

*"I find that in both her teaching and bodywork, Lisa is intuitive and easily finds the areas that need the most attention. I appreciate the simplicity and directness of the work she does." – Julia I.*

## Zero Balancing Training

By studying ZB, practitioners can expand the range and effectiveness of their work through a series of continuing education programs. Because Zero Balancing facilitates coherence of structure and energy at the level of bone, it addresses deeper injuries and body-mind patterns than other healing arts.

Visit the ZBHA website at: [zerobalancing.com](http://zerobalancing.com)

Read more about Lisa's practice and teaching at: [deerfieldhealingarts.com](http://deerfieldhealingarts.com).

Send an email to: [lberger@crocker.com](mailto:lberger@crocker.com)

*I was referred by:*

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# Introducing Deerfield Healing Arts

the practice of

**Lisa J. Berger, M. Ac.**

Licensed Acupuncturist  
Zero Balancing Teacher



- *Personalized healing treatments in a peaceful environment*
- *Zero Balancing training for health care professionals*

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# Services at Deerfield Healing Arts

**A**cupuncture and bodywork treatments at Deerfield Healing Arts improve energetic balance to restore health, prevent illness and maintain equilibrium through periods of personal growth, upheaval and life change.

In addition to acupuncture and Zero Balancing, treatments may include heat therapy, tuning forks, essential oils, crystals, qigong, and mind-body self-healing practices. Most sessions are 45 minutes long and involve some combination of modalities.

Deerfield Healing Arts is located in a residential setting surrounded by beautiful herb and flower gardens conducive to stress relief and inner transformation. Many clients experience relief in the soothing environment of the treatment rooms. For those with allergies, one room is kept scent-free.

*"I came to Lisa for an allergy problem years ago. Since then we've worked on old injuries, skeletal alignment, emotional issues, and finally, spiritual growth. Lisa listens attentively, explains everything, and finishes each session with advice and homework to support my healing." – Molly W.*

*"Lisa's ability to tune in and provide traditional and unique forms of support is the most helpful that I have ever experienced." – Karuna K.*

*"Lisa Berger's talents as a healer have made an enormous difference in my life. Not only do I have greater well-being, I have learned a lot from Lisa. I would recommend her to anyone who seeks an alternative approach or who has not been helped by mainstream medicine." – Sharin A.*

## Acupuncture

This ancient and highly developed practice improves function within one's body, mind and spirit. Characterized by sensations of energy movement, relaxation, pain relief, peacefulness and increased vitality, acupuncture effectively promotes healing. Seasonal tune-ups are highly recommended.

## Zero Balancing®

ZB is a hands-on therapeutic bodywork that relieves stress and pain and amplifies wellness. It is performed through clothing lying face-up on the treatment table. Zero Balancing focuses on the skeleton and the deepest currents of energy in the body with gentle pressure and comfortable traction. While very effective for specific musculoskeletal problems, ZB can also align body and mind around new behaviors and perspectives.

## Allergy Healing

Allergies and sensitivities need not be permanent. Using Tapas Acupressure Technique and other practices, Lisa has healed her own allergies along with those of many clients. Continuing to improve her approach, Lisa now uses a combination of modalities to most effectively eliminate allergies.

## Intuitive Mentoring

Figuring out how to care for one's health can be confusing and overwhelming. Lisa can evaluate lifestyle options such as exercise, diet and body-mind practices and make simple, safe and practical recommendations.