

# KRISTEN FIRPO

## HOLISTIC PRACTITIONER

### ABOUT

Kristen Firpo is both a Holistic Practitioner and an International Innovation Consultant to Fortune 100 companies. In both her consulting & holistic healing work, she balances uncertainty with possibility. She integrates corporate challenges & spiritual practices with real-world pragmatism using alternative healing modalities, including sound healing. Her clients, who include oncology patients, gain useful tools they can use to change their life.

### SPEAKING TOPICS

- How to effectively manage pain through sound currents
- How to practice mindfulness when dealing with life-changing news
- Practical techniques to manage your own stress
- Health benefits of meditation & mindfulness
- Sleep - Why it matters more than ever

### THE POWER OF SOUND HEALING

Sound Healing is a form of holistic therapy that uses sonic vibrations to restore the mind and body. "Using different sound frequencies can stimulate cell production of nitric oxide, a vasodilator that opens up blood vessels, helps cells be more efficient, and mediates your blood pressure at a cellular level. So anything that helps nitrous oxide will help your healing response, and anything that calms your mood down will reduce inflammation, which also benefits your health."

- Mark Menolascino, M.D., an Integrative and Functional Medicine Practitioner

Source: <https://www.shape.com/lifestyle/mind-and-body/science-behind-sound-healing>

*"LIVE YOUR LIFE BY DESIGN, NOT BY DEFAULT"*

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### Sound Healing Benefits

- Puts the body in a Parasympathetic state
- Reduces stress
- Lowers blood pressure
- Lowers cholesterol levels
- Better pain management
- Reduces risk of strokes and coronary artery disease
- Improves sleep
- Fewer mood swings

### Potential Applications

Sound healing would complement many of the incredible Cancer Support Services. Imagine the calming energy Sound Healing would bring to...

- Chemotherapy Sessions
- Later Stage Cancer Support Groups
- Family, Friends & Caregiver Support Groups
- Acupuncture / Massage Appointments
- Weekly Mindful Meditation Classes
- Stress Reduction Classes

## The Science of Sound Healing

**"If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration." —Nikola Tesla**

- Stress is the biggest threat to the immune system, which is severely compromised in cancer patients. Sound helps the brain slow down into a relaxed, sleeping state, which is therapeutic for patients. Sound also influences thoughts and emotions, so adding therapeutic sound promotes relaxation and allows the body's healing pathways to open. The practice of sound healing allows the body to be more receptive to other forms of treatment as well.

Sound Therapy and Cancer. <https://www.abmp.com/textonlymags/article.php?article=2074>. Accessed 24 May 2022.

- A 2016 study found that an hour long singing bowl meditation helped lower blood pressure, improve breathing and circulation, alleviate aches and pains, and strengthen the immune system. Participants reported significantly less tension, anger, fatigue, and depressed mood. Additionally, participants who were previously naïve to this type of meditation experienced a significantly greater reduction in tension compared with participants experienced in this meditation.

Goldsby, Tamara L., et al. "Effects of Singing Bowl Sound Meditation on Mood, Tension, and Well-Being: An Observational Study." *Journal of Evidence-Based Complementary & Alternative Medicine*, vol. 22, no. 3, July 2017, pp. 401–06. DOI.org (Crossref), <https://doi.org/10.1177/2156587216668109>.

- A study published in the *Southern Medical Journal* (2005) demonstrated the beneficial effects of music in hospital settings. Researchers reported that "For children and adults, music effectively reduces anxiety and improves mood for medical and surgical patients, and for patients in intensive care units." Researchers also noted that ambient music increased empathy in caregivers without interfering with the technical aspects of treatment.

Kemper, Kathi J., and Suzanne C. Danhauer. "Music as Therapy." *Southern Medical Journal*, vol. 98, no. 3, Mar. 2005, pp. 282–88. PubMed, <https://doi.org/10.1097/01.SMJ.0000154773.11986.39>.

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### Client Testimonials

#### Female

- Diagnosis: Ovarian Cancer
- Treatment: 6 months of chemotherapy, currently in remission
- Procedure: Double Mastectomy due to positive BRCA Gene Mutation

"After a diagnosis of ovarian cancer, I was desperately seeking an available surgeon. I was terrified. Kristen created a sanctuary in my room and proceeded to surround me with sounds and vibrations that transported me out of my misery. Although the reality and discomfort remained, there was a marked reduction in blood pressure and psychological distress.

Kristen's Sound Healing felt like a cellular massage, reorganizing confusion and restoring clarity. I have benefited from sound healing numerous times throughout chemo and recovery. Kristen's work at that moment enabled a presence of mind essential for navigating the scary and confusing surgery and decision-making process that followed."

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#### Female

- Procedure: Removal of left ovary and borderline tumor
- Prior Procedure Without Sound Healing - Removal of right ovary and borderline tumor

"Kristen is an absolutely amazing Sound Healer. The sound healing and visioning work that she did with me significantly helped with my most recent gynecological surgery in February 2021 — both before and after surgery. I had experienced anxiety and fear prior to going into surgery — particularly since the prior surgery four years earlier resulted in a very long healing process that included debilitating and ongoing chronic pain.

But Kristen truly worked her magic. She not only played her singing bowls before the surgery that helped put me into a deep and peaceful state of mind. She also had me envision how the whole surgery would proceed and how my healing process would unfold afterward. After the surgery, we continued with Sound Healing and visioning sessions and I deeply believe it helped reduce my anxiety and increase my rate of healing.

This second surgery has been a completely different experience. I don't have chronic pain and I'm in full health a year later. I would highly recommend anyone undergoing a significant surgery or dealing with a chronic medical condition use Kristen's services. She is a truly powerful and much-needed complement to our Western medical interventions."

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### Client Testimonial

#### Male

- Diagnosis: Prostate cancer – Metastasized to bone and lump node – 2 years
- Patient of Dr. Agerwall at UCSF
- Patient of Dr. Rossy at California Protons Cancer Therapy Center

I have owned and operated my tree service for over 40 years specializing in the removal of large, hazardous trees. As an Urban Forester, my mindset consisted of extreme confidence in predicting outcomes without second-guessing myself. However, over an afternoon, this all changed for me.

My life took an unexpected turn when I was diagnosed with aggressive prostate cancer. After a lifetime of health and intense activity, I was catapulted into a world of disease and unpredictability. The following year was a myriad of extensive testing, tight tubed body scans, and biopsies all encapsulated in technical terms and medical jargon in a new language that I just did not understand. It was my new reality and I felt scared, alone, and vulnerable ..... out of control! After a long year of testing, the final results of my diagnosis revealed we would not be talking in terms of a cure for my condition. I was devastated.

Emotionally at my lowest point, a friend recommended I schedule an appointment with Holistic Practitioner, Kristen Firpo, and her Harmonic Bowls. I went into this session with skepticism and doubt. As she used the harmonic bowls, I began to drift into a peaceful state shedding my stress and anxiety. Through the soothing tones and vibrations of the bowls and with her guided meditation, I relaxed deep in my core. It was something I had never felt before and something I greatly needed due to my cancer treatment and its effects. As I progressed with the Harmonic Bowl treatment, I felt the natural rhythm of my breath more and more. While I understand this has not and will not cure my cancer, I know that this technique is something I can access when dealing with the uncertainty and sometimes painful parts of my cancer journey.

The effects of Kristen's Harmonic Bowl care and treatment have been invaluable in my overall wellness. It is my belief and experience that this treatment complements the traditional wellness protocol for cancer and other diseases.