



Elizabeth Meadows

My name is Elizabeth Meadows and I am the Director of Nousoma Holistic Health Centre. My background is in Human Resources and although I am now a full time health practitioner, for 14 years I headed the Human Resources department for a large international software company. I know precisely the pressure busy people are under, the almost impossible task of balancing the needs of work and family. To live, and more importantly, to survive a high pressured, high geared lifestyle, we need to take care of ourselves, build resilience and ensure we keep balanced.

I have been studying and practicing Jin Shin Jyutsu since 2001 and opened my full time practice at the beginning of 2006. I am also a certified mentor and trained in colour reflexology.

Clinics are in Kohimarama and Herne Bay, Auckland.

For pricing and further information on the services offered by Nousoma Health Centre or to make a booking please contact us at:

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