

*“I am here to help  
others in their quest  
for good health and  
relief from pain.”*

- Audra

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# AUDRA SHEPHERD

## Services

Reiki

## About Audra

Having experienced for myself the rapid relief from pain and return to health with ColourPuncture, I seized the chance to learn ColourPuncture myself. It has brought together many things I was already passionate about, and introduced me to new concepts and ideas, which have made sense to me immediately and resonated deeply. I am here to help others in their quest for good health and relief from pain.

