

Brett Cassevah, RN: Registered Nurse At St. Elizabeth, Practitioner At Energy 4 Life, Founder Of Twinflame Coaching NY

Bridging Clinical Expertise, Bioenergetic Healing, and Relationship Coaching to Promote Whole-Person Wellness and Personal Transformation



Albany, New York May 1, 2026 (Issuewire.com) - Oriskany, New York — Brett Cassevah, RN, is a

dedicated healthcare professional and bioenergetics practitioner who brings more than two decades of experience as a Registered Nurse at St. Elizabeth Medical Center into a broader, holistic approach to wellness. Blending clinical knowledge with energy-based practices, Brett has expanded his work to support not only physical health but also emotional and spiritual well-being.

Throughout his nursing career, Brett has been committed to delivering compassionate, high-quality patient care, supported by certifications in ACLS and CPR. His extensive clinical background serves as a strong foundation for his work in bioenergetics, where he integrates traditional healthcare principles with modalities such as Reiki and meditation. His approach focuses on identifying and clearing energetic blockages, helping individuals restore balance, reduce stress, and improve overall vitality.

As the Founder of Twinflame Coaching of Central New York, Brett extends his impact beyond clinical settings by guiding individuals in developing healthier, more meaningful relationships. His coaching emphasizes self-awareness, self-love, and personal growth, encouraging clients to release limiting patterns and build deeper connections. Through a combination of practical strategies and energy-based techniques, he supports individuals on their journey toward emotional fulfillment and personal transformation.

In addition to his coaching work, Brett serves as a practitioner at Energy 4 Life, where he specializes in bioenergetics and quantum wellness through NES Health technology. By working with the body's bioenergetic field, he helps clients enhance energy flow, optimize performance, and achieve a greater sense of balance and well-being.

Across all aspects of his work, Brett Cassevah remains committed to a unified mission: helping individuals achieve healthier, more balanced lives. Whether through bedside care, coaching, or energy healing, his integrative approach reflects a deep dedication to fostering wellness, connection, and personal growth.

Learn more about Brett Cassevah:

Through his America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/brett-cassevah>

America's Best in Medicine

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Media Contact

America's Best in Medicine

*****@americasbestinmedicine.com

1-877-346-0175

<https://americasbestinmedicine.com>

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