



HOMEOPATHY

Homeopathy is based on Herring's Law of the Cure which states that illness does not occur without cause. The underlying cause of disease must be discovered and removed or treated before a person can recover completely. It is also stated that symptoms are expressed as the body attempts to heal, but symptoms are not the cause of disease. Symptoms, therefore, should not be suppressed. The elimination of the symptoms is not the same as elimination of the disease. Healing occurs in a consistent pattern. Laws homeopaths use are to recognize that healing is natural in its occurrence. Symptoms will appear and disappear in the reverse of their original chronological order.

NAET

Nambudripad's Allergy Elimination Technique.

Allergies can be a cause of illness. There has been a remarkable technique designed to correct an allergy response so that symptoms do not reoccur. It has been used safely and effectively for many years. An allergy can be defined as an inappropriate response by the immune system to a stimulus. This reaction is initiated by the nervous system. The NAET system employs techniques of Kinesiology, Chiropractic, Acupuncture, and Acupressure. NAET is safe, gentle, and effective.

Undiagnosed allergies are often the cause of common and chronic conditions. Treatments have been successful in the following conditions: Acne, ADD, Cosmetics, Radiation, Asthma, Backache, Diarrhea, Sciatica, Hives, Colitis, Hay fever, Insomnia, Migraines, Sinusitis,

Depression, and Hormone imbalances to name a few.

ACUPUNCTURE

Acupuncture is used to restore balance and increase or decrease Qi by puncturing the correct combination of points. Acupuncture has been proven an effective treatment modality by the World Health Organization when dealing with disorders including neurological and musculoskeletal disorders, respiratory disorders, gastro intestinal disorders, and many problems associated with the mouth and the eyes. Acupuncture is an excellent adjunct to allopathic and complementary treatments for physicians, chiropractors, massage therapist, nurses and others who want results in the health care industry. Acupuncture is part of the Traditional Chinese approach to medicine. It has also gained popularity among Western Medicine in recent years. Acupuncture is used effectively in patients to relieve acute and chronic pain, to help in sedation, it has an immune enhancing effect to relieve anti inflammatory process and much more.

AROMAMASSAGE

Used as a handy alternative to conventional treatment. It has been used to increase circulation, lower blood pressure and heart rate, strengthen the immune system, aid in the elimination of wastes and toxins, alleviate pain from swelling and inflammation of joints, improve skin tone, relieve stress, stimulate release of endorphins, relieve cramps and muscle spasms, and increase flexibility, and range of motion. Massage therapy is a great preventative measure in conditions such as migraine headaches, sprains, back pain, arthritis, irritable bowel, sciatica and many others. Essential Oils used in Aromatherapy are chosen individually according to the presenting symptoms and the desired outcome for each individual. All essential oils have their own distinctive properties and are used accordingly.

Traditional Chinese Medicine

Traditional Chinese Medicine, also known as Oriental Medicine, is a medical system used for thousands of years to prevent, diagnose, and treat disease. It is based on the belief that the Qi (the body's vital energy) flows along 20 meridians (channels) throughout the body and keeps a person's spiritual, emotional, mental, and physical health in balance. Traditional Chinese Medicine aims to restore the body's balance and harmony between the natural opposing force of yin and yang, which can block Qi and cause disease. Traditional Chinese Medicine includes acupuncture, diet, herbal therapy, meditation, physical exercise, and massage.

REFLEXOLOGY

Reflexology is a science that deals with the principle that there are reflex areas in the feet and hands which correspond to all glands, organs, and parts of the body. Reflexology is a unique method of applying pressure with the thumb and fingers on these reflex areas. Reflexology is used to:

- relieve stress and tension.
- improve body functions, sleep, digestion, organ and gland function
- revitalize and energize the body
- boost immune system
- relieve allergies, sinuses
- relieve pain and aches
- eliminates toxins from the body
- brings about deep relaxation