

Complementary Times...

Everyday, more and more doctors and hospitals are realizing the benefits of alternative health care. Western medicine has learned.... their way is not the only way and in fact some hospitals now have alternative health care practitioners on staff such as massage therapists and acupuncturists.

Why? Because people like you and me have forced mainstream medicine to take notice. The American public has gotten tired of hearing "learn to live with the pain" and/or getting a prescription for a drug that probably has numerous side effects. They are seeking and finding safe natural alternatives such as different types of hands-on bodywork, reflexology, meditation, Tai-Chi & Qi Gong exercises, vibrational medicine (such as Solfeggio Frequency tuning forks, the Lymstar Pro and the Infratonic 8). Additionally they are using enzymes, herbs, vitamins, change of diet and lifestyle to combat arthritis, cancer, carpel tunnel syndrome, constipation, diarrhea, IBS, high blood pressure, pain, stress, sleeplessness & etc. The list goes on and on and on.

I have come to realize very few people experience good digestion, assimilation, utilization, and elimination. Elimination is just as important as digestion and assimilation. Toxemia, the result of accumulated and un-expelled feces and other waste matter in the body, is a dangerous and inevitable effect of constipation. Few people recognize that failure to effectively eliminate waste products (constipation) causes a tremendous amount of fermentation and putrefaction in the colon. Neglect of this accumulated debris can, and frequently does, result in degenerative diseases.

A healthy digestive tract has a semi-permeable mucosal lining that helps prevent undigested food and toxins from entering the bloodstream. Thus, cleansing is important but equally important is the use of maintenance products such as a good probiotic, digestive enzymes, fiber and essential oils which allow fully digested nutrients and liquids to pass through to nourish the body.

The Infrared Thermal System (TheraSauna) is a great detoxifier. One of the numerous benefits of Radiant Heat is that it does help remove toxins and mineral waste. Plus it just plain feels good! The TheraSauna may also be purchased for home use.

Strong Emotions Cause Chronic Illness, Advance Aging & Impede Healing.

Memory can be stored **actively** or **passively** in the bodymind. When the memory is passive, we remember the experiences as simple memory traces in the mind and store them as uncomplicated memory patterns. The stronger or more interesting the memories, the easier it is to recall them. Passive memory is a healthy and normal function of the body and the desirable situation.

Active memory is a state where we store the memory with an emotional charge. This occurs when we haven't fully synthesized the emotional content of the experience. Our body then stores the emotion in the fascia of the muscles or connective tissue at a location in concordance with the bioenergetic nature of the body. For example, depression relates to the large intestine meridian, which, in turn, relates to several muscles and areas of the body. An

un-synthesized experience of depression, therefore, will be stored in one of those related areas. In the case of depression (large intestine) it could be the Fascia Lata (low back).

Thus, the emotions, beliefs, desires, and attachments we hold, often unconsciously warp the mind/body interface affecting the physical body as well. I'm a firm believer that most people who have colon problems also have a very difficult time of letting go of past emotions. They harbor and hold onto emotions which can cause chronic illness. In other words they want to hold onto their "crap" both literally and figuratively.

In addition, it is postulated that the quantum mechanical body (pure energy) determines the physical body and therefore it is here we find the origin and cure of disease. In Chinese medicine these subtle energies are known as fire, earth, metal, water and wood. These elements combine in different ratios to comprise each system in the body. SomaEnergetics™ (Soma meaning "body" in the original Greek) is a totally new and exciting technique developed by David Hulse, that utilizes tuning forks, tuned to the frequencies of the Ancient Solfeggio, to help release blockages in the subtle energy bodies, and thus assists one with connecting with Source

Balancing and synchronizing the body/mind thus becomes a priority for accelerating ones wellness. But is there a way to really balance and synchronize the body/mind? Is there a way to find out which organs, endocrines, or body parts need to be connected to heal communication between them at the physiological, biochemical, circulatory, nervous, emotional, and/or energy levels?

As you read and explore the following pages you'll discover the vast range of services offered and how these different bodywork modalities actually complement each other.

Now then, take a deep breath, exhale slowly to a count of ten and open your mind to the wonderfully beneficial world of complementary health.