

# Complementary Therapies



## Acupressure

Acupressure is the application of pressure to the body, directly to the skin with fingers, knuckles, elbows etc. Pressure is applied to points along the meridian lines or energy channels in order to rebalance chi or energy flow through out the body.

## Acupuncture

Acupuncture is an ancient Chinese therapy, being used increasingly in the west. It involves the insertion of **very fine needles** into the skin at certain points to relieve pain and improve the body's healing mechanisms. These points are situated on the **meridian** lines, energy channels (chi), if there is a blockage in energy flow then the part of the body connected to the meridian may be ill or weak.



## Alexander Technique

Alexander Technique encourages healing through **better posture**. It is useful for backache and headaches where poor posture is a key factor. Developed by actor: Frederick Mathias Alexander - improved posture stopped him losing his voice.

## Aromatherapy

Aromatherapy is the art of using essential oils extracted from different parts of the plant (root, bark, leaves, berries etc) to harmonise and rebalance the body. The oils contain biochemicals, which affect the body physiologically and psychologically.

**Ayurvedic Medicine** is the study of life; both pain and pleasure are important aspects of this science. Ayurveda teaches us how to rid ourselves of pain and suffering and also different ways of increasing our enjoyment of life through Indian Head Massage; Yoga; Meditation; Inhalations etc



**Bach Flower Remedies** - Dr Edward Bach a doctor and practising homeopath developed thirty-eight remedies, which are **infusions of plants**, mainly from trees, mixed **with water and alcohol**. The remedies treat mental & emotional problems, which may precede physical illness.

## Bowen Technique

The Bowen technique, developed by Thomas A Bowen, aims to **rebalance the body** holistically **using gentle moves on the tissues**. The light rolling movements simulate the body's energy flow. It is not a massage or a manipulation but a gentle process that encourages the body to heal itself.



## Chiropractic

A chiropractor manipulates the joints of the body, **specifically the spine** in order to restore proper function and relieve pain. Working on the basis that pain is caused by a spinal nerve. Treatments are useful in lower back, neck pain and headaches.

## Colour Therapy

Colour Therapy aims to balance and enhance our chakras by using the seven colours of the light spectrum, which can help to stimulate our body's own healing process. Each of the seven colours resonates with one of the main seven chakras.



## Crystal Therapy

Each crystal has a unique vibration relating to colour frequency and chemical composition. Crystals are able to absorb, reflect, transform, transmute, balance, direct, amplify, clear, focus etc. energies. Often used in conjunction to the chakras

## Ear Candling

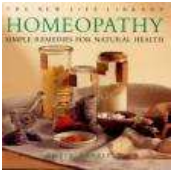
Ear candling is also known as Thermal Auricular therapy or Coning by placing a hollow candle in the ear canal and lighting it, helps to extract earwax and other impurities with the help of smoke, in order to: relieve sinus pressure, pain, cleanse ear canal improving hearing, relieve earaches etc



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## Herbalism

Herbalism is the use of plants, usually the **whole plant, to make herbal remedies**. It is an ancient traditional medicine, which was only replaced, by orthodox traditional medicine in the last 300 years.



## Homeopathy

Homeopathy **treats like with like** by using **minute doses of bacteria, virus or substance**, which has caused the problem in the first place. (I.e. cat hair a remedy for cat allergy). The treatment builds up resistance and immunity. Homeopathic remedies are sensitive to strong smells, which reduce their efficacy i.e. Eucalyptus.

## Indian Head Massage

An Ayurvedic treatment brought from India which massages the head, neck, shoulders, and arms and can be performed with or without clothing in a seated position. A safe, simple, effective treatment which improves scalp, hair condition, relaxation and posture as well as relieving aches and pains

## Iridology

By **studying the irises** (coloured part) of the eyes of a patient and noting any changes, iridologists can diagnose physical and psychological problems.



## Kinesiology

Kinesiology is a technique, **which focuses on muscle testing and energy meridians** to discover and then treat the body's imbalances on all levels: chemically, energetically, physically and mentally. Using different positions and pressure to the limbs, the practitioner can determine whether there are any energy blocks and correct them through firm massage, useful for allergy testing.

## Osteopathy

Similar to chiropractic's, osteopaths work on the **joints of the body**. Working on the basis that the body's structure and function are interdependent: if the structure is damaged in any way then it will affect the function. By manipulating joints they can correct structural problems which will improve the body's function.

## Reiki / Spiritual Healing

Reiki is Japanese for life force or energy. Healers **act as channels** using hands on the different parts of the body so that universal energy can pass into the patient rebalancing, promoting healing and relaxation.

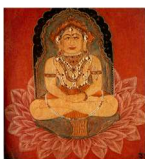
## Reflexology

Reflexology is a holistic therapy, which **treats the body through** either the ears, hands or usually the **feet**. By applying pressure to the Reflexology points on the feet with either the thumb or the tips of the fingers the practitioner stimulates the corresponding body part which has a rebalancing effect



## Shiatsu

Shiatsu is the use of firm thumb or fingertip massage on pain relieving pressure points along energy channels of the body in order to unblock, and balance energy flows. Very similar principle to acupuncture but without needles.



**Yoga** and meditation have holistic effects and are useful self help techniques to teach better **control of the body and mind**. Yoga does this through physical exercise, adopting different postures, and relaxation and breathing techniques.