

# Natural Healing Wonders

*The Natural Way to Enhanced Health and Well-Being*



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# INTRODUCTION

More and more people today are turning to natural and alternative healing methods to relieve their physical or psychological problems, both big and small. If you are unfamiliar with them, you may be surprised or even alarmed when you hear about these methods or when a friend or family member has recourse to them.

Often, when people talk about these methods, they lump them together in one package, and make a blanket judgement about them, either positive or negative. But the reality is much more complicated - there are many different methods, each having practitioners of varying competence, and each being appropriate or inappropriate for different people depending on many different factors.

In addition, many people have the notion that one must make a radical choice between classical allopathic medicine and alternative methods, and that choosing one system means that you abandon all that the other one has to offer, while accepting everything that the proponents of your chosen system say as being indisputable truth. Fortunately, this extreme attitude is not at all necessary, even though some people seem to think so.

The purpose of this book is to present an overview of the natural healing scene today, so that each person can come to an informed conclusion about this important subject. The fact that you are reading this book shows that you are ready to approach the subject with an open mind. Although we will be treating these methods with a respectful and sympathetic attitude, our goal is not to convince or

to prove, but to describe what is out there. It will be up to you to draw your own conclusions and extend your research to find out more about any methods that you may find interesting or promising.

# Chapter One

## WHAT IS ILLNESS?

The World Health Organization considers the state of good health as one of total physical, mental and social well-being, rather than just being the lack of infirmity or disease. One is believed to be ill or suffering from an illness when one does not have physical, mental and social well-being.

Is illness different from disease? The two terms are often used interchangeably so that their meanings are intertwined. There are various types of known diseases today (such as AIDS and the different kinds of cancer like breast cancer.) Some diseases are deemed curable while others are not.

When one is ill from a disease, one displays symptoms that help physicians to create a diagnosis of what is afflicting the patient. To eliminate the symptoms of disease, a patient is often given medication. For this, the physician relies heavily on the science of pharmacology.

A person is believed to be ill when there are irregularities in the function of the mind or body which create dysfunction, discomfort or distress in the patient. The word illness may also be used to cover other conditions such as deviant behaviors, infections, syndromes, disabilities and injury.

### **What causes illness?**

#### *Physical illness*

Aside from infectious diseases, commonly thought to be caused by pathogens, mainstream medicine does not overly concern itself with the question

of the root causes of disease, but rather is very adept at describing the malfunctioning that occurs in the body once the disease is present.

Many of the alternative methods, however, stem from a particular view of what causes disease in the first place. For example, homeopaths speak of the importance of the "terrain" or genetic background. Mind-body proponents will say that everything starts in the mind, and the physical illness is a symbolic manifestation of a particular mental attitude.

### Mental illness

The term is broadly applied to various illnesses that could cover cognitive impairment, behavioral dysregulation, and emotional or affective instability. Mental illness is also known under other generic labels: "behavioral problem", "emotional problems", "emotional disability", "abnormal psychology", "psychological disorder", "psychiatric disorder", and "mental disorder". Mental illness may be traced to biological causes (such as genetic, chemical, and anatomical factors) or psychological causes (such as conflict or trauma.) The word insanity is generally applied as a legal term rather than a medical term. Also, brain damage, caused by various injuries, illnesses, or conditions, may be a cause of mental illness.

### **How does one recover from an illness?**

A patient in the mainstream medical system has to rely on health care to get better. Health care is defined as the avoidance of illness, and its treatment and management when one is ill. The maintenance of the patient's mental and physical

well being (as provided by nurses, doctors and members of the allied health professions) also falls under the umbrella term “health care”. Any individual who has to undergo medical treatment is dubbed a patient. Frequently, the patient has an injury or illness which necessitates receiving medical treatment from a health care professional (such as a doctor.)

Natural healing has a different view, which we shall see in the following chapter.



## **Chapter Two**

# **WHAT IS NATURAL HEALING?**

Natural Healing, also called alternative medicine or holistic healing, is a system that emphasizes self-care using natural therapies that aim to develop and restore health and wellness through prevention and natural means, as opposed to surgery and the use of drugs.

Natural health practitioners place a great emphasis on prevention and healthy living in order to avoid illness in the first place. They provide health education to people so they will regain freedom over their health – particularly giving them back the opportunity to heal themselves and making them aware of which health decisions are best.

Natural healing differs in various ways from traditional medicine. It considers the real healer to be Nature herself, and seeks to work in cooperation with Nature to effect healing, rather than to treat the patient as a complex machine.

It is also called holistic healing, because it takes into consideration the entire person, body, soul and spirit. The attitude of patients, far from being irrelevant, is crucial to their well-being and their ability to heal.

Since many natural healing methods have been ignored and belittled by traditional medicine, this movement has grown outside the limits of the officially approved circuits. The people involved in it are therefore inclined to have less respect for invested authority. Patients want to be active participants in the care of their own body, rather than passive receivers. They want to be treated as equals, as adults. The term "patient" in itself hints at a basically passive attitude.

In the natural healing context, the patient is asked to listen to his body so he can detect the symptoms of his disorder. Treatment through natural healing is carried out when the patient takes an active role and adopts healthy practices. Natural healing emphasizes the consumption of natural products (such as herbs, nuts, legumes, sprouts, seeds, grains, vegetables and fruits) and supplements. Our emotional well-being is placed in our hands when we are encouraged to have a positive attitude towards our health. Basically, we are asked to take responsibility for our health.

The goal of traditional medicine, on the other hand, is to destroy or cure a disease or illness by eliminating the symptoms. This is done via the intake of drugs or surgery, also known as medical intervention. Patients who follow traditional medical practices tend to eat man-made products that may have toxic side effects, rather than natural products. Many patients maintain a negative attitude towards their health, which further derails their progress towards good health. To get better, the patient places responsibility for his health on another person – usually the doctor.

In fact, natural healing is based on a very different worldview from that of traditional medicine. Traditional medicine comes from the paradigm that was developed at the time of the Enlightenment. In their effort to throw off the shackles of a repressive political system based on royalty and privileges that drew its legitimacy from God as defined by his earthly representatives, thinkers of the 18th century rejected any and all kinds of spirituality and created a new religion called science. For them science was synonymous with materialism, and all explorations

beyond the realm of what could be seen and touched became taboo, because it was considered as a regression to a dark, ignorant past. Natural healers transgress this taboo in many ways, and this is why a lot of people - on both sides - often become very emotional about this subject, instead of asking the most relevant question: does it work or not?

## **Chapter Three**

# **WHAT ARE THE DIFFERENT KINDS OF NATURAL HEALING?**

Under the heading of "natural healing", there are a multitude of methods and techniques, and it would be impossible to list them all. What this book aims to do is to define the larger categories of the different types of healing methods and to give several examples of each. The reader will thus have an overview of this very fertile and fascinating field, and can then carry on his own research on any methods that sound promising and applicable to his own situation.

Of course, being holistic, many of these methods include aspects of more than one category, but for convenience they have been put where they seemed to fit the most.

The three broad categories of natural healing are those that use physical means, those that work with energy, and those that are concerned with thinking and the brain.

### **Physical Methods**

Within this category, there are two distinct approaches. One deals with taking substances into the body (natural ones, of course) and the other deals with healing through manipulation of the body.

#### *Natural Substances*

##### ➤ **Food**

Many people deplore the popularity of junk food and attribute most of

our health problems today to the lack of proper nutrition. There are many currents of thought in this area. Some just emphasize the importance of eating lots of fruit and vegetables, others promote vegetarianism, and there are all sorts of diets that are supposed to help people lose weight. The importance of eating organic food is also emphasized. Many food additives are seen as being unhealthy or even dangerous. Aspartame and trans fats are example of commonly found and officially accepted substances in our food that are considered downright toxic.

➤ **Supplements**

Due to the difficulty of getting balanced meals in today's fast-paced world and also to the depletion of minerals in our soil, the use of supplement is often encouraged. Vitamins, minerals, amino acids, and all sorts of other substances, such as omega-3, coenzyme Q10, flavinoids, etc can bring health benefits and correct nutritional imbalances.

➤ **Herbs**

The healing virtue of plants is an ancient art which was once a part of medical training before pharmaceuticals took their place. In fact, many drugs in use today are derived from plants.

- Aromatherapy is the use of concentrated plant essences for healing purposes.
- Homeopathy uses very dilute solutions of plant substances to stimulate a healing reaction in the body.

## Physical treatments

### ➤ **Manipulation and massage**

Some vigorous methods of physical manipulation are chiropractic, osteopathy, rolfing, shiatsu, reflexology, and many different types of massage techniques. There are also more gentle methods, such as craniosacral therapy, manual techniques from physical therapists and myofascial release.

### ➤ **Exercise methods**

Physical exercise is one natural technique that is encouraged by traditional medicine. There are all different kinds of sports that one can practice, as well as exercise methods, not to mention just plain walking.

### ➤ **Posture and realignment**

The Alexander technique and the Feldenkreis method are both designed to help people regain more natural posture and movements.

### ➤ **Exercise and energy methods**

The following is but a short list of various practices brought from the East and gaining in popularity in the West today. These exercise methods are designed to increase "chi" or energy, or to stimulate the acupuncture meridians or the chakras: Yoga, Qigong, Tai-chi, and the less well-known Tibetan Rites.

### ➤ **Other**

Some other physical manipulation techniques are colon irrigation, fasting, thermalism and hydrotherapy.

## **Energy Techniques**

The field of energy medicine is taking hold in the West more and more, with a great diversity of methods and approaches. Even though China has a 5-millenia advance on us, we are catching up. Yes, Acupuncture is said to be 5000 years old.

### Energy paths

The meridians are part of an energy circulation system that runs through the body, and Acupuncture is the use of needles placed on particular points along the meridians to balance energy disruptions and heal a great variety of ailments.

Acupressure is a simplified form of this, where pressure is applied by the fingers instead of needles.

The chakras are a different energy system, from India, consisting of seven major energy vortexes situated along the center of the body from the bottom of the trunk to the top of the head.

The aura is an energetic projection around our body. Some healers can see it, and Kirilian photography reveals it.

"Chi" means energy, and is often referred to as the energy of the universe. There are techniques designed to help us become aware of our chi, increase it, and use it to heal ourselves and others.

There are modern energy techniques that make use of these systems. EFT (Emotional Freedom Technique) uses a simple tapping procedure on the end points of the meridians with startling results, TFH (Touch for Health) uses various corrections to balance the meridians, and Kinesiology (of which TFH is one branch)

has procedures to balance both the meridians and the chakras.

### Vibrational healing

Vibrational healing is based on the idea that different frequencies have specific effects on the body, and can heal certain diseases. This can be done using musical pitches or colors. Crystals are also thought to concentrate certain energies due to their organized structure, and the effects of Bach flower essences are considered to be more energetic in nature than due to their physical properties.

Radionics, first developed by Dr. Albert Abrams in the early 20th century, consisted of using machines to project energy frequencies that destroyed bacteria, viruses, and parasites and healed different ailments. Abrams and his successors (including Royal Rife and Antoine Priore) were invariably pursued as dangerous quacks and their machines destroyed. Today Dr. Hulda Clark proposes a simpler version along the same principles, called the zapper.

Magnets are also used as healing devices and are reputed to have a number of positive effects on the body.

### Pure energy

Some methods use instruments no more complicated than the human hand. Reiki and Healing Touch are two examples of this, as well as traditional healers all over the world.

## **Thinking and the Brain**

In the philosophy of natural healing, the mind and body compose one whole, and the mind has a profound effect on the body. Healing is both mental and



physical because the body is not just a separate machine-like entity, but an integral part of the whole, an expression of the mind. In traditional thinking, there is medicine to treat the body and psychotherapy to treat the mind, but natural methods treat the person, and expect improvement in all areas of the person's life.

### Attitudes

There are quite a few methods that are concerned with helping people to form the correct mind-set and understanding of life that will help them overcome their difficulties. This may sound like traditional psychotherapy, but their worldview is often quite different because they accept the idea that our thinking actually influences our environment.

Some of these are: NLP (Neuro-Linguistic Programming), the Sedona method, Heart Math, the Law of Attraction, Creative Visualization, Affirmations, Hooponopono and methods based on the resolution of polarities, such as the PEAT Method and John Demartini's Breakthrough Experience.

### Centering techniques

Relaxation - there are quite a few techniques to help people relax, and the benefits of relaxation are tremendous.

Hypnosis - uses the relaxed condition to give people positive suggestions.

Meditation - aims to quiet the mind by stopping its ceaseless inner chattering for a while - easier said than done!

Yoga, Chi-Gong, Tai-Chi, etc, previously mentioned in the exercise section, are aimed at centering and relaxing the mind as well as exercising the body.

### The Brain

## 1. Brainwaves

Depending on the kind of activity a person is engaging in, their brains emit waves at different frequencies. During deep sleep, the brain emits delta waves, between 0.5 and 3 hertz. From 4 to 7 hertz are the theta waves, associated with dreaming and creativity, very frequent in children. Alpha waves, 8 to 13 hertz, are associated with meditative and relaxed states, and Beta waves, from 14 to 44 hertz, are present during our normal waking activities. The higher beta frequencies are related to stress.

The alpha and theta states in particular are considered beneficial, but they don't come as easily as beta. Ways to attain these states are through meditation, hypnosis, the Silva method, and more recently, brainwave entrainment, where visual or auditory signals are sent in such a way as to lead the brain to emit at the same frequencies it is seeing or hearing.

## 2. Parts and the whole

It is often said that we only use about ten percent of our brain. Imagine what we could accomplish if we used our whole brain! There are different ways to divide the brain into parts. There is the left side and the right side, each having distinct if not completely separate tasks. In our logical-minded society, the right brain, which is concerned more with intuition and artistic pursuits, is not always given a chance to show what it can do. Brain Gym, another branch of kinesiology, has specific exercises to stimulate brain integration.

From another point of view, the brain has three parts, the reptile brain, the mammal brain, and the frontal lobes. The reptile brain is concerned with our basic survival instincts, and in times of stress or fear, we tend to revert to reptile brain functions and forget to use the other parts. The mammal brain, or limbic system, is related to emotions, and the frontal lobes, the most evolved part, contains our thinking and reasoning faculties. So any method that helps calm fears will help people to use their frontal lobes more, which is probably where most of the unused 90 percent is hiding.

### *The subconscious mind*

The theory of the subconscious mind was first developed by Freud, but St. Paul seemed to know about it already when he lamented "I do not understand my own actions. For I do not do what I want, but I do the very thing I hate." (epistle to the Romans, Ch 7, v. 15)

The subconscious mind is a mysterious part of us, hidden by definition, hard to access and even harder to change. To access it, the muscle test used in kinesiology or the pendulum can be used. To understand it, one can try dream interpretation, and to change it, subliminal messages and hypnosis are said to bypass the conscious mind and speak directly to the subconscious.

## **Chapter Four**

### **A CLOSER VIEW OF SOME HEALING METHODS**

Following is a more detailed description of some of the methods mentioned above.

#### **PHYSICAL METHODS**

**CHANGING YOUR DIET** – Eating the right food may seem like one of the simplest acts in the world for us to do, yet so many of us fail to do it. There is definitely a link between maintaining the right dietary practices and the incidence of disease, according to a report by the US Department of Agriculture published in August 1971. This research, which cost the US government around \$30 million, showed that: a) major health disorders are linked to poor diets; b) the benefits of a good diet can be experienced by everyone, particularly by those who belong to the non-white and lower economic strata; c) the development of negative long-term effects of poor nutrition can be averted if diet is changed early on. Furthermore, diet-related problems follow regional and geographical variations.

Research indicates that heart attacks become the more prevalent cause of death among more primitive communities that adopt a Western-style diet. The adulteration of whole foods (rather than fats or meat) has been traced as the key. This means food is processed to the point that it becomes harmful to our bodies. Refined sugar is also added in increasing amounts to this processed food, leading to higher blood fat and a weakening of the immune system.

As more and more fish, birds and animals are domesticated to meet the

demands of modern agribusiness, the end consumer takes in fewer essential fatty acids (which are necessary to keep our immune system functioning.) Such animals experience nutrient deficiencies when they are confined in overcrowded livestock farms. Vital nutrients are also lost when food undergoes processing and storage. Various additives are mixed with our food to make it appear good to eat in the end stage, but the food does not have vital nutrients any more. Some additives which are branded as “safe” are actually dangerous for consumers to ingest; while others trigger acute reactions in those who are sensitive to them. (An example of the latter is people who manipulate such additives in their work.)

There is a trend among national governments to promote slow yet major dietary changes to reverse the advent of various modern killer diseases. This trend is forcing the food industry to adjust to the demands of consumers for healthy food, in the latter’s quest for a balanced diet. The advent of various degenerative diseases is mainly attributed to the inability of our bodies to cope with what is now considered food in this day and age. Simply put, the means currently being used to grow, harvest, sell and process the food we eat is the root cause of the problem.

Our health is also compromised when the tissue walls of our colon becomes impacted, which eventually leads to the clogging of our individual waste elimination system. Physical obstructions on the microscopic or macroscopic level produce various kinds of degeneration, illnesses and chronic ailments in the human body. When we ingest substances that loosen and get rid of such obstructions, our health is restored.

The native communities of the South Sea islanders, Africans, Native

Americans, the Swiss in the Loetschental Valley, as well as the Inuits of Alaska are remarkable because of their consumption of free-range animals, wild game, grains, fresh fruits and vegetables, and sometimes fresh, unprocessed dairy products. Equally impressive are their healthy teeth and bodies and the lack of the degenerative diseases which are now so common in the West. These populations are known for eating food which is either fresh or preserved in natural ways – smoking, drying or pickling; raised locally and organically; caught in season then cooked through traditional means.

**NATURAL HERBS** - Natural herbs have been employed in medicine in some cultures for centuries. In fact, herbal medicine is the predominant type of medicine practiced for up to 80% of people in the world. More than 80,000 plant species are presently known to be useful in this way. One of the most important things we have to remember about using natural herbs is that we have to be careful since these can be quite powerful. If you use herbs without knowing anything about them – whether externally or internally - you might accidentally suffer serious consequences.

If you do opt to consume herbal medicine, consult a recognized herbalist or medical practitioner who espouses their use. Inform this health care professional about what medicine you may be taking (this could be prescription or over-the-counter drugs). This is because the herbs may not go with the medicine you are taking, sometimes producing severe reactions. This includes even vitamins and mineral supplements. Plus, some herbs should not be consumed in

combination with other herbs since they might produce the opposite effect of what you desire, or even be risky to consume.

Though natural herbs are very powerful, they do not work like regular drugs. Herbal preparations take some time to take effect. Some people also may show signs of sensitivity to some herbs (though herbs generally do not have side effects.)

Some adverse side reactions experienced from the wrong use of herbs could be: an upset stomach, a headache, difficulty breathing, irritation, and swelling. If you do experience some adverse reactions, talk to your doctor immediately. It is more likely that an individual will experience side effects if the herb is used too much or for too long. All herbs should be utilized only for set periods of time, or employed alternately with other herbs or treatments rather than for a long duration – even if the condition for which it is being used is a chronic one.

Herbal medicine relies on the synergistic reactions of the components of each plant for its efficacy. Modern pharmacology, on the other hand, tends to isolate each component of each plant to produce the active ingredients of modern drugs. So if you want expert advice regarding what each herb can do, it would be advisable to consult an herbalist. From a “scientific” point of view, most herbal preparations would fall under the “experimental” category since they have yet to be studied under modern scientific conditions. However, herbal medicine has been employed for centuries in some cultures for centuries so there is a wealth of knowledge that underlies the use of herbal medicine.

**AROMATHERAPY** – Aromatherapy is the application of pure essential oils for therapeutic purposes. Steam distillation is used to get a plant's pure essential oils. These oils are believed to contain not just the vital energy of the plant, but potent antifungals, antivirals, hormones, antibiotics, antiseptics, and vitamins as well. The energy and all those substances may either be taken into our system through inhalation or by being absorbed by our skin through massage.

The term aromatherapy may also refer to other ways of getting plant essences – such as deriving plant oils through pressure (like cold pressing), using solvents, oil or water infusion, and decoction. But aromatherapists maintain that the most potent healing properties of a plant can only be found in the essential oil.

Aromatherapy massage does not refer to any specific type of massage. Rather it relates to the use of essential oils to improve the benefits of any kind of massage. Though most essential oils are safe, all are quite strong so only tiny amounts should be employed.

What follows is a list of ailments and the essential oils employed to treat them:

- a. Acne – juniper, clove, and chamomile
- b. Anxiety – jasmine, cedarwood, and basil
- c. Arthritis – frankincense, carrot seed, and angelica
- d. Asthma – black spruce, clove, and basil
- e. Bloating – rosemary, marjoram, and mandarin
- f. Bruises – lavender, everlasting, and bay laurel
- g. Burns – rosemary, lavender, geranium, and chamomile



- h. Flu/colds – tea tree, pine, peppermint, black pepper, myrrh, lavender, garlic, eucalyptus, cinnamon, and angelica
- i. Constipation – rosemary, lavender, geranium, and chamomile
- j. Cough – juniper, jasmine, ginger, eucalyptus, and cypress
- k. Depression – ylang ylang, sandalwood, orange, lemon, grapefruit, frankincense, and chamomile
- l. Diabetes – geranium, eucalyptus, and cinnamon
- m. Fatigue – peppermint, lavender, and basil
- n. Grief – rose and marjoram
- o. Headache – rosewood, peppermint, lemongrass and ginger
- p. Hypertension – ylang ylang, yarrow, juniper, and garlic
- q. Insect stings/bites – tea tree, patchouli, lavender, and eucalyptus
- r. Menstrual pain- myrrh, chamomile, carrot seed, and bay laurel
- s. Migraine – lavender, ginger, fennel, chamomile, and cardamom
- t. Nausea – peppermint, ginger, fennel, chamomile, and cardamom
- u. Panic – lavender, jasmine and clary sage
- v. PMS – ylang ylang, patchouli, fennel, chamomile, and carrot seed
- w. Sinus problems – tea tree, pine, peppermint, and eucalyptus

**ENZYME THERAPY** – There are certain illnesses which practitioners of both traditional medicine and alternative medicine believe may be caused by digestive problems. One common digestive problem is the insufficient digestion of food. This is attributed to the absence of the necessary enzymes that should be

present if food is to be eventually absorbed into the body. An enzyme is defined as a protein molecule whose special function is to act as a catalyst for certain cellular chemical reactions – the end result is that the enzyme aids chemical processes that are needed to support life.

Enzymes can be categorized as either food enzymes (which come from plants) or pancreatic enzymes (which are derived from animals). Food (plant) enzymes are responsible for augmenting the vitality of the body as well as digestive efficiency. Pancreatic (animal) enzymes can also support the function of the digestive system while developing a sound and dynamic immune system.

There are around 22 digestive enzymes which are created in our bodies. Each enzyme is known to digest carbohydrates, protein, sugars and fats. Digestion starts in our mouth and is carried out in the entire digestive system. For digestion to be carried out, specific enzymes are responsible for breaking down particular types of food. The whole digestive system normally maintains different levels of acidity at various points. This acidity is responsible for controlling the activity of the enzyme found in each particular segment of the digestive system.

A healthy person is one in which every enzyme and every nutritious substance are used in the digestive system to create and sustain health. When a particular enzyme is emitted in scarce amounts, certain nutrients that need that enzyme are not absorbed properly. This is because nutritious substances function in a synergistic manner with enzymes.

Enzymes can be either metabolic enzymes, digestive enzymes or enzymes that come from raw food. A metabolic enzyme is responsible for managing

physiological processes, repairing body parts that suffer from injury or decay, and healing tissue. Digestive enzymes are tasked with absorbing carbohydrates, proteins and fats in our system. On the other hand, raw food enzymes trigger the food digestion process while supporting the role of our digestive enzymes.

At this point, we must highlight the importance of the plant enzyme known as cellulase. Human beings can only get cellulase by consuming plant food – our bodies cannot make cellulase. However, the process of cooking frequently eliminates vital plant enzymes since they are destroyed by heat. The processes of pasteurizing, canning and microwaving also wipe out plant enzymes. Thus, to get the cellulase that we need, we should consume at least some raw plant food.

If we insist on consuming mainly cooked food in our daily diet, our digestive tract suffers from the absence of satisfactory amounts of plant enzymes. One condition that results from this is inflammation (which comes in various forms.) There are definitely some types of food, such as protein, which cannot be digested if there are no enzymes. This undigested food matter stays in the human bowels (intestines) for a long time. As they remain undigested, they putrefy into toxic matter. The danger here is that such toxins are absorbed into our circulatory system and end up in the liver. The liver is responsible for detoxifying our blood but when it is overloaded with toxins it cannot do that thoroughly. This means that toxins wind up circulating throughout our body.

A doctor will request for a 24-hour urine analysis, and a thorough medical history and physical exam if he wants to check you for food enzyme and nutritional deficiencies. After he has found which substances you are lacking in, the doctor

may then be able to assess which enzyme group he should give you. You may receive enzyme therapy through shots or by mouth. The various types of enzymes may be administered in combination with one another. It is beneficial to prescribe the consumption of enzymes as supplements since the body may not be able to create satisfactory amounts of the necessary enzymes. It is recommended that enzymes be consumed in between meals so that they will not go towards the digestion of the meals. This is because enzyme therapy aims to alleviate the presence of digested substances in our blood, as well as in our intestines.

**PHYSICAL THERAPY**– This field is not just a science but an art as well. It deals with muscle and joint abnormalities and a physical therapist can restore muscle and joint function with a variety of techniques.

According to the American Physical Therapy Association (APTA), physical therapists can significantly improve mobility to perform daily activities; physical therapists can provide an alternative to painful and expensive surgery, in many cases; physical therapists can manage or eliminate pain without medication and its side effects, in many cases.

Other messages are:

- Physical therapists have the most specialized education to help improve mobility.
- Many physical therapists are doctors of physical therapy and all are trusted health care professionals who have extensive education and experience in diagnosing and treating conditions that limit the body's ability to move and function

in daily life.

- Physical therapists can teach you how to manage a condition so you can achieve long-term health benefits.

- In most states, you can make an appointment with a physical therapist directly, without a referral.

Factors which could have an impact on your muscles and joints, which physical therapists can treat, include mechanical conditions, drugs and chemicals, fluctuations of temperature, trauma, malnutrition, and fatigue. Pre-existing ailments are also known to reflexly trigger muscle and joint imbalances. How does it work? Simply put, the ailment generates an irritating impulse at the periphery, thus triggering a reflex act at the nerve endings. This, in turn, allows a misalignment to develop in the muscle or joint.

If a muscle or joint becomes misaligned (for whatever reason), there is a displacement in tissues. This can impinge on arteries or nerves.

If this happens to you, you may end up experiencing any of these symptoms: tight muscles; reduced mobility; tenderness and pain; a display of symptoms affiliated with different parts or systems of the body; and heightened temperature in different body zones. To restore a muscle or joint to its proper position, you need a physical therapist.

Physical therapists use a variety of modalities to restore normal function. This allows the body parts that are at the receiving end of nerve impulses to get back to normal. When the spine is adjusted, the ligaments which had been contracted will momentarily relax. This allows the ligaments on the other side that

had been extended past the limit of their elasticity to go back to their initial condition.

When done by a well-trained professional, physical therapy a safe, drug-free, and non-invasive intervention for neuromusculoskeletal ailments.

According to the APTA, consumers are looking for physical therapy to improve/restore their mobility, provide a cost effective alternative to surgery, and help them avoid the side effects of prescription medication. Physical therapists can help your mobility and quality of life without surgery or prescription medication.

Physical therapists create happier, healthier patients. Patients seek freedom of motion and freedom from pain. Physical therapists are a critical component of patient care. Freedom of movement allows patients to perform the activities they love. Patients doing the activities they love results in healthier lifestyles and enhanced quality of life.

Physical therapists can help patients avoid the need for surgery by helping them regain freedom of motion and freedom from pain. If there is a need for surgery, physical therapists can help enhance its benefits by helping patients to:

- Regain strength, flexibility, and endurance much more quickly.
- Control pain more effectively.
- Return to normal activities faster.
- Prevent re-injury.
- Develop better health and fitness habits.

A doctor of physical therapy has undergone rigid training in his field. Prior to entering a physical therapy school, an applicant will have completed courses in

psychology, physics, organic and inorganic chemistry, biology and associated lab work. Upon entering physical therapy school, the student must undergo four to five years of academic study with much of that devoted to clinical training due to the hands-on nature of the profession and the manual skills taught.

**MASSAGE THERAPY** – Massage is now recognized as a form of natural healing therapy. In the United States alone there are now over 1000 schools teaching the healing art of massage. The types of massage can be either of the Western style or of the Eastern style. Both styles encompass definite massage techniques which boost flexibility and circulation by lubricating muscle tissue and promote relaxation. Western-style massage is devoted basically to lessening physical dysfunction and pain. Under this style, the different techniques (such as chiropractic massage, clinical massage, and medical massage therapies) are concerned with the physical aspects. The Eastern style of massage (such as acupuncture, reflexology, Ayurveda, and Shiatsu) takes into account the mind, body and spirit of the patient, from a holistic perspective.

Now what is massage, essentially? Massage is a form of communication with another person conveyed through touch. When we touch another person, we either send a message of love or a contradictory message. All of us have the capacity to impart a message through massage because all of us are composed of energy. That energy can be positive or negative, depending on what we are thinking. Our mind commands and our body carries out its order – and in the process, the life of another human being is changed through our touch.

This kind of communication is not just physical – it evolves into a spiritual connection as well. So a person who receives massage from a person who radiates positive energy is touched on a spiritual level as well. The body, mind, and relationships of the recipient of a massage are slowly being healed because positive energy is being supplied through touch.

Technically, massage is the application of pressure on another person's body using your own hands (and perhaps even your arms, elbows, and feet.) The recipient of a good massage will find that he benefits in various ways from it:

- a. Blood and lymph circulates better through the body
- b. The oxygen-carrying ability of blood improves
- c. Waste products of our stressed-out muscle tissue (such as toxins) are broken down and move out of the body easier
- d. Contracted muscles are relaxed
- e. Sluggish muscles get a boost
- f. The nervous system becomes more balanced
- g. Skin circulation and condition are enhanced
- h. The internal organs' circulation and condition also become better.

The nice thing about massage (also known as bodywork) is that both the giver and the recipient of a massage benefit when one is given. Basically, massage is a great way to relieve stress. Research has shown that up to 80% of disease is somehow caused by stress. Massage is one way to take care of our bodies so that we do not fall ill so easily. If we do fall ill, massage helps us bounce back to a state of good health.



There are different types of massage. The main technique most massage schools espouse is Swedish massage. It is based on a system of movements created by Per Henrik Ling. It relies on applying not just light, gentle strokes, but deeper, stronger strokes as well.

A variation of Swedish massage is Esalan. Esalan is based on the concept of sensuality so the massage is usually given in an environment conducive to relaxation. This may involve the use of music, giving the massage outdoors, and even having both the massager and massage person completely naked. But Esalan is not a sexual experience – its aim is just to relax the massagee.

Pressure point bodywork is similar to the concept of acupuncture, where energy tends to accumulate in certain points of our body. Massage is done on the pressure point which is obstructed (which corresponds to illness in a particular point of our body.)

There is also deep tissue massage. Massage therapists who are skilled in this are trained to locate the deeper levels of tissue. They are able to relax contracted muscles and trigger the release of tissue that adhered to one another. Deep tissue massage sessions are intense enough that repressed traumas and emotions are drained from your body.

Structural integration aims to re-focus your body around its central axis by reaching for the deepest part of muscles and connective tissue. Completing different sessions of structural integration leave patients with a sense of physical and psychological balance.

Rolfing is a type of massage that falls under structural integration. It is

marked by deep tissue manipulation so that the body will be restructured and realigned in cooperation with gravity. A Rolfing session leaves a patient with better posture, and a body that is aligned with the force of gravity.

Trigger point therapy is based on the idea that pain in the body can disappear when extreme pressure is exerted on trigger points. These trigger points are actually spots in contracted muscles that are tender to the touch. How does it work? A massage therapist who uses this technique tricks the chronically-tense muscle into release by halting the reflex that sustains chronic tension. One of the more popular schools of trigger point therapy is myotherapy.

Hydrotherapy employs water along with movement or massage to relieve discomfort. Water can be used as a bath (such as foot baths, steam baths, shallow hip baths, salt baths and mineral baths) or as hot tubs, heat packs, ice packs, saunas, showers and also natural cold or hot springs. Hydrotherapy is based on the knowledge that human skin is quite sensitive to cold and heat since it is permeable and contains an intricate system of blood vessels. The application of cold packs is known to reduce blood flow to smaller blood vessels yet boosts blood flow to deeper tissues. It also reduces temperature, slows breathing, constricts muscles, lessens the rate of healing, stops bleeding, reduces pain, lessens fluid accumulation, and cuts down on inflammation and swelling. On the other hand, when heat is used, small blood vessels expand, blood moves to the skin surface, blood viscosity is reduced, temperature increases, breathing rate goes faster, swelling increases, muscle pain dulls, drainage of injured parts improves, congestion and pressure are eased, digestion is hastened, and the patient is lulled

into a relaxed state.

Manual Lymph Drainage (also known as lymph massage) is a type of massage that emphasizes thorough knowledge of the lymphatic system. This technique is devoted to boosting the flow of lymph through compression strokes. These concentrate on sites that have the greatest amount of lymph tissue (particularly in muscle tissue) and lymph glands. Through lymph massage, the body gets rid of toxins better, internal chemistry becomes more balanced, and organ and immune system function improves.

Orthobionomy – This is a type of bodywork which mixes the martial arts theory (that our body's energy circulates in certain ways) with osteopathy and massage therapy. An orthobionomy practitioner supports the reaction of the body to release an energy blockage. Eventually, the patient's body opens up and releases the blockage.

**REFLEXOLOGY** – Reflexology is a system of natural healing that claims that pain and illness may be alleviated when certain parts of the feet and hands (and also other points on the body) are pressed or manipulated. Foot reflexology is the most well-known. It is a gentle form of therapy that aims to restore the well-being of the patient rather than just eliminate symptoms of illnesses.

Reflexology is derived from 'zone therapy', which was developed by Dr. William Fitzgerald in 1913. In the 1930s Eunice Ingham further developed the procedure. Proponents of reflexology claim that the practice can help the following conditions: stress-related disorders, digestive conditions, sports injuries, hormonal

imbalances, sleep disorders, arthritis, infertility, migraine, and back pain.

People who undergo reflexology sessions because of a known condition may find it beneficial to pursue follow-up sessions simply because they wish to maintain the feeling of well-being that it gives. Initially, the reflexologist will ask the patient about his past and current lifestyle and state of health. Following that, the practitioner will exert pressure on various points using his knowledge of the 'zones' of a person's feet. The reflexologist is aware of slight changes in these zones which correspond to changes in other parts of the body.

Patients who undergo reflexology sessions should be sensitive to how the treatment makes them feel since this will guide the reflexologist during succeeding sessions. The majority of patients describe their state after a session as being relaxed with a positive sense of well-being. If the reflexologist seems to be using too much pressure and makes you uncomfortable, you should always have the option of asking him to modify the pressure or of stopping the session altogether.

Reflexology is considered to be a complement to generally-accepted medical treatment, rather than a replacement.

**CRANIOSACRAL THERAPY** - This field of study claims that your brain floats inside your skull in cerebrospinal fluid. This fluid can also be found throughout your spine down to the sacrum. Therapists believe that the plates of your skull (which are connected by joints) also move in tandem to the flow of cerebrospinal fluid. Since the plates move, it is possible for them to be misaligned. The natural movement of cerebrospinal fluid can be obstructed, while the

mechanisms along the spinal cord could also be affected. Any of these conditions requires craniosacral therapy. In this technique, one's skull bones are re-aligned so that movement comes naturally, and so that cerebrospinal fluid will flow smoothly.

**YOGA** - Yoga consists of poses that help one to draw in energy by opening a chakra. They are also geared towards constricting or unleashing your internal organs, as well as harnessing energy. Yoga is a form of natural healing that emphasizes the collaboration of one's body, mind and heart as it is practiced. Proponents of yoga claim that you will feel peaceful after a yoga session since your body will be naturally realigned – this, in turn, changes how you perceive life and your presence in the universe.

Practicing real yoga will produce changes – in your body, your behavior, your mind, your health, your breathing patterns, your outlook and your attitudes. If you are serious about pursuing yoga, direct experience is the best teacher. The ways in which your body can function most efficiently will be revealed to you. In addition, you will be enlightened on how your unconscious and conscious mind may either benefit or imperil you – eventually, you will develop a deeper sort of wisdom.

Basically, yoga is the journey of a yoga practitioner into himself in an attempt to discover and stir up his spiritual essence. The first type of yoga commonly practiced by Westerners is Hatha Yoga. Hatha Yoga is a component of Raja Yoga which generally teaches breathing and physical postures. Raja Yoga,

which is founded on the Eight Limbs of Yoga as stated in the Yoga sutras, is generally practiced by members of religious or spiritual orders. Karma Yoga is devoted to spiritual practice that allows you to unify heart, mind and body by daily practices incorporated into your work and life. Bhakti Yoga is a devotional kind of yoga that offers chanting, perusal of scriptures and ways of worship. Jnana Yoga is also a form of yoga and concentrates on the capacity of man's intelligence or the power of the mind. A Jnana Yogi believes that wisdom and intellect are essential so they should be united so that limitations may be overcome. A Jnana Yogi accepts other religions and philosophies since he acknowledges that possessing an open and rational mind is important if one is to know his spirit. Lastly there is Tantra Yoga. In Tantra Yoga, the follower relies on rituals so he can experience the sacredness of life. This branch of yoga is misunderstood because it incorporates sex in its practices. In reality, a Tantra Yogi should imbibe essential qualities such as truthfulness, cosmic love, dedication to his Guru, devotion, humility and purity.

A posture in yoga is called an asana. Every posture is maintained for some time and is accompanied by controlled breathing. The proper way to conduct a yoga session is to start with a gentle posture or asana then continue to the more robust and demanding asanas. Pranayama is the term for controlled breathing. A complete yoga session encompasses postures for all parts of the body, as well as relaxation and meditation.

The asanas in yoga may be postures done lying down, sitting up, and standing up. There are also asanas that require forward bends, twisting, back bending, and being upside down. Over 100 traditional poses (which may have just

as many variations) can be categorized as either active or passive. The active poses are responsible for stimulating brain cells, toning endocrine glands and internal organs, as well as working out certain muscle and nerve groups. One engages in the passive poses mainly during periods of meditation, relaxation and pranayama. The whole body benefits when all the yoga asanas are employed. A regular practitioner of yoga finds that the discipline corrects systemic and postural complaints while keeping the whole body in tiptop shape.

The most common form of yoga in the West (Hatha Yoga) has the following structural benefits: the vertebrae are re-aligned; flexibility is improved; and muscles and connective tissue are toughened. Simultaneously, your internal organs are revitalized; toxins and waste matter are emitted from your pulmonary, cardiovascular and lymphatic systems; your endocrine and nervous systems reach a state of equilibrium; and of course your brain cells are nurtured and invigorated. In the end, you gain in mental clarity and emotional stability, and have a feeling of general well-being.

You stand to gain the most benefit from practicing an asana when you become trained in relaxation while doing a certain pose. Genuine relaxation is brought about by immersing yourself in a state of deep concentration. In this state, your mind concentrates only on your body – particularly the control of your breathing and bodily sensations such as the regular flexion and extension of various muscles in your body. In time and with practice, you will be able to focus this way during an entire yoga session.

Breathing is important in yoga since our body is heavily dependent on

breathing to provide nourishment to every cell. Though the average person relies on approximately just 1/7 of his overall lung capacity, we can be trained to surpass this through deep abdominal breathing and relying on certain pranayama practices. In the course of learning how to breath right, we are able to boost the critical flow of energy to different bodily organs, increase our immunity to illness, and even be healed of various maladies.

The nervous system stands to benefit significantly when we learn to change how we breathe. This is because our brain cells consume 3x as much oxygen as our other body cells. When we control our breathing, we provide more oxygen to our brain cells. At the same time, we stimulate and improve the functions of our voluntary and autonomic nervous systems. In addition, our mind and emotions become more stable if we regularly practice pranayama.

There are sometimes misconceptions regarding yoga – for example, some people believe yoga is a religion. It is not; rather it is a group of techniques that allow the practitioner to discover spirituality. Many followers of different religions (such as Jews, Christians, Buddhists and Muslims) are known to practice yoga now. Yoga is also mistakenly believed to be simply a set of fitness practices. This is partly correct but yoga is so much more than that. Yoga emphasizes fitness because a weak body prevents one from growing spiritually, but yoga also concentrates on the mental and spiritual aspects.

You can stand to benefit from the practice of yoga since:

- a. through yoga, your body and mind can be relaxed even under extremely stressful conditions (breathing is regulated and cluttered thoughts are



discarded)

- b. you can gain your desired weight (whether you are either underweight or overweight now) because yoga emphasizes maintaining balance and moderation in physical exertion and diet
- c. you become less susceptible to illness
- d. your energy level and productivity go up, particularly when you need it
- e. you achieve pure inner peace and self-actualization through practicing meditation.

**QIGONG** - To attain improved physical, mental and spiritual health, you might want to try qigong. Also known as chikung, this method aims to enhance your life force by merging breathwork, self-massage, movement, posture and meditation. In short, form (or your body), energy, and mind are integrated so you can achieve healing and longevity. Qigong gives best results when taught by an experienced teacher and practiced religiously by the student.

**COLON HYDROTHERAPY** – Another technique in alternative medicine is colon hydrotherapy. (Another name for it is colonic irrigation.) This procedure relies on class II colon hydrotherapy machines to force moderate amounts of purified water into the patient's rectum. The water, which may have other ingredients mixed into it (such as minerals), goes into the rectum via gravity-based systems or hygienic speculums.

The point of this procedure is to irrigate the colon so that impacted matter

will be removed and emitted from the rectum along with the water.

Colon hydrotherapy practitioners advocate the procedure because they believe that illnesses of various sorts result when fecal matter builds up within the large intestine (or colon). This buildup is known as autointoxication. Some advocates think that when fecal matter builds up, the colon absorbs more bacterial or fungal toxins which leads to disease.

In the West, the prevalent diet which is made up of refined, processed foods loaded with saturated fats and lacking in fiber is perceived as the cause of various problems related to the colon, and our body's general condition.

The largest level of bacterial population in the body can be found in the colon. But these bacteria are not all bad for us: good bacteria are required in the colon because they act to synthesize vitamin K, B vitamins, and folic acid from our food. The major kinds of good bacteria are acidophilus and lactobacillus. In a healthy body, the numbers of these good bacteria should significantly surpass bacteria that cause disease (such as E. coli.) The theory behind colon hydrotherapy is that fecal matter that is not eliminated properly allows more disease-causing bacteria to proliferate, making us susceptible to illness.

People with certain conditions should avoid this procedure. In any case, it is advisable to consult a health care professional before pursuing the procedure.

## **ENERGY THERAPIES**

**ACUPUNCTURE** – The technique known as acupuncture started to be used in China over 5,000 years ago. However it was not widely known in the US

until 1971 when James Reston, a reporter from the New York Times, noted in an article that the pain he experienced after surgery was reduced when doctors inserted needles into various points in his body.

The word acupuncture itself encompasses various procedures which promote stimulation of different points on the body using different techniques. Though in the US acupuncture relies on medical traditions adopted from different countries such as Korea, Japan and China, the method which has undergone the most amount of scientific research is that which inserts slim, hard, metallic needles into points on the skin. These needles either undergo electrical stimulation or are manipulated by the therapist.

How does acupuncture work? In traditional Chinese medicine, the human body is composed of a delicate balance between of yin and yang. Yin is the passive, slow, or cold force in the body. On the other hand, yang makes up the active, excited or hot force. As far as traditional Chinese medicine is concerned, a person remains healthy if these two forces remain proportional to one another or “in a balanced state.” When an imbalance occurs, the human body becomes ill. This is because an imbalance causes an obstruction in the flow of the body’s vital energy (called chi) through pathways dubbed meridians.

Traditional Chinese medicine maintains that the human body has 12 major meridians, as well as 8 secondary meridians. Over 2,000 acupuncture points can be found which are interlinked with these meridians. Acupuncture is believed to work by adjusting the body’s nervous system to allow certain biochemicals that reduce pain to become more active. (Examples of these biochemicals would be

endorphins.) Research has also indicated that acupuncture can facilitate the release of neurohormones and neurotransmitters, changing one's brain chemistry. This has an impact on the parts of the central nervous system linked to involuntary body functions and sensation.

Research has shown that cancer patients who experience nausea due to chemotherapy and surgical anesthesia stand to benefit from acupuncture. The procedure is also useful for those who undergo dental surgery. In addition, addictive behaviors like alcoholism or smoking are reduced through acupuncture. People afflicted with headaches, are undergoing rehabilitation from strokes, or need help with different musculoskeletal conditions (such as tennis elbow, low back pain, or carpal tunnel syndrome) also find acupuncture to be helpful.

Acupressure is related to the healing method of acupuncture since they both treat the same parts of the body. The difference is that acupressure relies on pressure and massage applied to pressure points, while acupuncture uses slim solid needles inserted into the skin. Since acupressure is less invasive, many people prefer it to acupuncture. The principle behind acupressure is that ailments are caused by the accumulation of chi (life energy) at pressure points because of blockage, and can be relieved through pressure applied by elbows, thumbs, or fingers. Occasionally, electrical currents may be used.

Another variation is moxibustion. In moxibustion, the practitioner will stimulate acupuncture points by burning small amounts of herbs (shaped into cones) right on the skin of the patient. The method was formulated in parts of China where it was cold, and is still practiced today. Only therapists who are

formally trained in Chinese medicine should carry out moxibustion.

Jin Shin Do is a school of thought that merges some ideas on psychotherapy and body-mind management from the West with ancient Oriental practices – such as yogic breathwork, Taoist theory, Chinese acupuncture theory, and Japanese acupressure. The acupoints of Jin Shin Do are founded on 8 energy channels in the body that co-exist with the usual 12 energy meridians. The 8 energy channels, dubbed the strange flows, are opened through Jin Shin Do so that our life force keeps flowing yet remains balanced.

**EFT - EMOTIONAL FREEDOM TECHNIQUE** - This technique was developed by Gary Craig as a simplification of Roger Callahan's Thought Field Therapy. Gary devised it in such a way that anyone could learn it quickly and use it anywhere. It is based on the theory that all emotional and even physical problems are in fact an energy blockage, and once this blockage is removed, the stress attached to it is removed too, and the person has greater clarity concerning his emotional situation and can react in a healthy way. Following the theory of the mind-body connection, physical problems can be healed too by finding the underlying emotional content behind the physical symptoms and treating that. EFT sometimes works so fast that the results are called "one-minute miracles", but this is not always the case, and persistence is often needed to find and treat multiple aspects of a particular problem. Even then, compared to traditional therapy, it can produce astoundingly rapid results. The procedure consists of tapping several times on the various meridian end points on the head, chest and hands while

thinking about one's specific problem. The process is very simple and can be learned from the free manual provided on Gary's extremely content-rich site at [www.emofree.com](http://www.emofree.com)

**REIKI** - This system, founded by Mikao Usui in Japan in 1922, is based on the idea of the universal life force, or chi. This force is transmitted through a practitioner to the patient by the laying on of hands. The practitioner does not transmit his own energy, but channels this universal force. Reiki practitioners go through several levels of training, during which the Reiki Master does not teach, but attunes the students by opening up their crown, heart and palm chakras and links them to the Reiki energy source, or God. While it is not related to a specific religion, it is very spiritual in nature. Reiki can also be used for distance healing.

**CRYSTAL HEALING** – This method is based on the theory that natural crystals, or gemstones, emit energy that has vibrational rates. Your personal aura also has vibrational rates. When you situate the crystals' vibrational rates within your personal aura, the latter changes. Practitioners claim that the crystals have a very strong (though frequently indirect) impact on your aura.

The easiest method for crystal healing is to hang round high-quality beads around your neck. Gemstone therapy benefits from intention. You should not include metal with the beads that you use since the effects frequently lessen this way (and may even be blocked completely.) Crystals have different effects for every individual so if you pursue this type of healing, you should test what works for

you.

High quality gemstones are not dyed, do not have many cracks and imperfections, and are not irradiated. If the bead is lighter than the cracks, then the bead is dyed. You may want to shop around at various bead stores to find the gem which appeals to you. It is advisable to use silk to string the crystals. Each gemstone has a unique therapeutic effect, based on factors such as its shape, size, exact composition, and the skill of the wielder, among others. It is recommended that you use natural stones, particularly rounded ones. Do not cover the stone with any kind of metal (such as aluminum foil.)

It is also advisable that, unless the stones have the same therapeutic effect, individual stones should be worn independently of each other. You may wear as many as 3 at a time, so long as they do not have contradictory effects.

In the following list of stones and their therapeutic effects, the gemstones listed are classified as the rounded, highest quality ones (to derive the most benefit from them):

- Amazonite – reputed to boost your feelings of self worth (confidence)
- Amber – removes feelings of being burdened
- Amethyst – leads to spiritual upliftment, helps one communicate better, relieves symptoms of stomach and liver ailments
- Apatite – improves communication between conflicting parties, combats viruses
- Aquamarine – serves as a reminder of the wellspring of love and mercy; allows one to comprehend difficult situations from a loving perspective; is

advisable for people suffering from grief

- Blue Aventurine – improves circulation, boosts feelings of happiness, removes congestion
- Green Aventurine – promotes physical healing when hung around the neck or about the body part that requires healing
- Cape Amethyst – leads to inner alignment and balance of our inner selves while supplying more energy; beads measuring 4 to 6 mm. can be placed on acupuncture points for no longer than 5 minutes to remove energy blockages – if spheres measure 8 mm, remove after a minute; for arthritic patients, string beads of cape amethyst around the afflicted joint.
- Carnelian – responsible for balancing creativity along with mental processes; relieves symptoms of allergies; beads should be washed with water after being worn
- Chrysoprase – provides spiritual protection; useful for people engaged in management or collaborating with big groups of people
- Citrine – good for upliftment, aligning the vertebrae when a strand is worn along the spine or around the neck; the crystal facilitates processing of energy work
- Coral – safeguards and enhances your emotional foundation
- Diamond – Boosts personal clarity, allowing you to be aligned with your higher purpose; also has other healing properties
- Emerald – Has the strongest physical healing effect among all gemstones, also offers emotional healing; should be placed on the body part requiring



healing, or can be worn around the neck.

- Green Fluorite – leads to hormone balance, particularly during hormonal changes
- Purple Rainbow Fluorite – facilitates change so you can get out of ruts in your life
- Jade – Boosts feelings of relaxation, eases tension, promotes calm
- Kunzite – Good for emotional support; allows the mind and emotions to be synchronized
- Lapis – Helps you to understand your mind, expand your perspective; useful for linking the mind with the heart when worn over the heart
- Leopardskin Jasper – draws in what you need (not necessarily what you want)
- Mahogany Obsidian – Helps in decision making, can heal gums
- Malachite – draws harmony into your life
- Moldavite – strong stone for grounding one's self, believed to permit one to communicate with other sentient beings (such as dolphins, whales, and humans)
- Grey Moonstone – removes blockages to allow you to absorb other stone's powers
- Orange Moonstone – provides comfort needed to allow you to absorb other stone's powers; not as powerful as white but useful when one requires help from a certain stone
- White Moonstone – emphasizes another stone's effects so you can absorb

- them; used by itself, can balance life energy (yin and yang)
- Moss Agate – permits you to stay grounded with nature; helps with plant knowledge
  - Mother of Pearl – Provides protection, remember your mother's love
  - Black Obsidian – very strong grounding stone, helpful for providing insight into a problem
  - Black Onyx – Good for attempts to change bad habits; can be used in a necklace; allows you to become aware of your chakras when placed over each chakra; wonderful grounding stone
  - Mexican Onyx – clears up sleeping problems
  - Black Opal – Allows one to view oneself as a Soul, examine one's potential; may strengthen bones
  - Opal – discover possibilities, broaden point of view
  - Fresh Water Pearl – allows you to accept love; perceive your good points so you can improve on loving yourself and others
  - Peridot – Draws in energies from your personal aura to your physical body – be careful though that you are drawing in new energy rather than matter being removed; exercise caution when using this
  - Poppy Jasper – improves your outlook
  - Frosted Quartz – helps one gain balance; very soothing when located over chakras or hung around the neck
  - Rose Quartz – fosters emotional balance; useful for soothing and expressing emotions; does not go well with gold

- Rhodonite – provides necessary emotional support
- Rhodocrisite – provides support when one is initiating changes, particularly large changes
- Ruby – allows one to love, opens your heart, helps you to overcome fear
- Sapphire – gives mental clarity, removes mental obstructions
- Sodalite – safeguards one from external negative energy; can be located near computers to lessen damage from EMF
- Sunstone – facilitates meditation, allows one to recollect dreams
- Sugilite – removes waste from aura of whoever wears it, provides more energy
- Tanzanite – Makes one feel better, opens your heart
- Green Tourmaline – Encourages physical healing and male balance; not advisable for females to use – alternative stones for women are aventurine or emerald
- Pink Tourmaline – fosters protection and female balance
- Tree Agate – Encourages introspection, offers heightened clarity and enhanced point of view
- Unikite – balances your emotions and physical body

If you do decide to pursue crystal healing, it is recommended that you keep your stone with you for as long as a week. You can hang it around your neck or place it on your desk in the daytime. At night, you can keep it beside your bed.

While using your stone, be aware of your moods, how you interact with the people around you, and the content of your dreams.

If you are uncertain what the gemstone's effects are on you, you could ask yourself "What does this stone do?" at bedtime. Your unconscious mind may be able to enlighten you during sleep.

The gemstones' energy should be cleared when they are first bought and after healing sessions. Some recommended methods are cool water, moonlight, and sea salt.

Some people believe that benefits can also be obtained from contemplating photographs of gemstones with the intention to receive their energy.

## **THOUGHT AND THE BRAIN**

**AFFIRMATIONS** - One kind of natural healing technique is affirmations. To make an affirmation, you simply state out loud a positive belief about your health which you want to come true. For example, you might say: "My headache is clearing up." It is a way of tapping into the power of your subconscious mind. When you create an affirmation, avoid using the word "not" because you want to describe the things you want, not what you don't want.

Affirmations are useful since your body continuously regenerates itself over time. Your mind can rely on the affirmation to instruct your body to eliminate illness and create a perfectly healthy body. It takes 18 months from the onset of an illness in the patient's energy field and body to show symptoms. What if you had been using affirmations all that time? You would have been able to avoid getting a full-blown illness, or been able to heal if the sickness had shown symptoms.

Proponents of affirmations believe that the mind has the natural power to

heal the body. All expressions of emotions and thoughts trigger chemical reactions in your immune system, bloodstream and organs. When you repress a negative emotion, illness results. When you use positive thoughts and feelings, healing can result. This is now being accepted by some members of the medical profession.

Affirmations require faith in the power of words and repetition over time. And remember, affirmations should not be used as a replacement for good medical care – rather, the two should be done in conjunction with each other for best results.

When you practice affirmations, you must first take responsibility for the state of your health. No one else but you can manage your health. Second, you must acknowledge your uniqueness as far as your health is concerned. This means that the care you require may differ from that of others. Last, you must remove all toxins from your system. The toxins could be drugs, poor food choices, or negative thoughts and emotions. Whatever it is, it is a negative element in your life which you could well do without.

**GUIDED IMAGERY** – The technique of guided imagery, which is also known as visualization, is founded on the concept that our imagination helps in the body's healing process. Through guided imagery, pain is reduced, healing is hastened and many ailments are eliminated. Though guided imagery does not always have the power to cure, it is thought that 90% of physiological complaints received by primary care physicians can be mitigated through its use.

How does guided imagery work? The basic language of the mind is imagery

since it relies on images to sort out our daily activities. Images mean information from our senses, including scents, tastes, sounds – not just visual sensations. When we remember things that happened before, our mind doesn't rely on words but rather on imagery. The images that crop up in our memory may be either pleasing or distasteful, depending on what sensations we experienced at the time.

For example, if you once tasted a slice of roast beef, you can remember digging in with your knife and fork into the brown meat. You recollect putting a tidbit into your mouth and slowly chewing on the tender beef. The juices of the meat had then squirted onto your tongue and you now recall how good the roast beef tasted.

At the very moment you start to recall eating roast beef, your mouth has probably begun to salivate. That is how your mind communicates with your body.

In the same way, natural healers rely on the power of imagery to make ailments go away. This is an aspect of mind-body healing. You use your imagination to see the location of the illness – like, your hand or your foot – and visualize the healing process taking place there.

It would be nice if we were to use imagery for positive purposes all the time. But unfortunately that is not so – we more frequently use imagery in negative ways. Usually, this takes the form of worrying. When we start worrying about whether we will get that promotion we have been working for, or pass the exam we just took, the thing we are fretting about actually only comes to life in our imagination. It isn't real yet but the worry is.

The average individual is believed to create 10,000 images in his mind everyday. When these images are negative, your physiology changes accordingly

and leaves you vulnerable to falling ill. The illness could be as simple as a headache or as complicated as heart disease.

Your thoughts directly affect how you feel and behave. People who usually brood on negative things are probably not very happy with their lives. And they may be more likely to fall ill. The mind exerts a strong influence on our body.

But because our mind can affect our body, wouldn't it be great if you could harness the images in your mind to heal the body rather than make it ill? We can use its strength to make us healthier, rather than cause us to become sick. And you do not have to spend a great deal of time on the process either – you only need a few weeks to train your imagination to focus on the positive. This translates to visualizing two to three times daily. By practicing, you can learn to do it anytime you need to, though it is beneficial to do it as soon as you wake up and again before going to bed.

Visualization, like affirmations, requires one to think positively. Peak performers in various fields rely on visualization to succeed. One example of good visualizers are the astronauts in the NASA program. These visualizers have to do procedures in simulation many times over before they get to do them in outer space. They have to do them perfectly first on earth so that when they are in outer space – where mistakes are not acceptable – the outcome will be certain. This is because visualization allows you to practice actions over and over in your mind so that when the time comes to actually do it, you will be able to do it proficiently.

Research has shown that visualization is good for reducing stress. This is because imagery is a key relaxation technique. It helps trigger neurological

chemicals which soothe the brain naturally – leading to lower heart rate and blood pressure, and less anxiety. Physicians who are devoted to using imagery in their practice frequently prescribe it to patients who have stress-related conditions like cramping due to premenstrual syndrome, high blood pressure, persistent aching of the neck and back, and headaches.

**MUSCLE TESTING** - The muscle test was discovered by George Goodheart in the 1960's. Goodheart, a chiropractor, found that under stress, muscles will go weak, while in their normal state they remain in a state of tonicity when solicited. This is true of all muscles, but the effect can only be detected if a muscle is tested in isolation from other muscles. Several muscles working together can overcome the subtle effect of a stressor, but if a single muscle is tested in a cooperative person, a difference can be detected. Either the muscle will lock, that is, remain in place without help from its neighbors, or it will go weak. If an arm muscle, such as the deltoid or the anterior deltoid, is tested, the arm will fall if the muscle tests weak, but it will remain in place if the muscle tests strong.

What makes this test so incredibly useful is that when you ask a question of the person while performing the muscle test, it is the body that answers according to the thinking of the subconscious mind, and the body does not lie. In other words, the muscle test is like having a direct phone line to the subconscious. In fact, it acts in the same that a pendulum does, by amplifying processes in the body that are so subtle that we ordinarily are not aware of them.

Opinions differ as to how far one can go with the muscle test, because



opinions differ as to what our subconscious minds really know. For David Hawkins, author of *Power vs. Force*, the subconscious is in contact with universal knowledge, and so the muscle test can be used to discover universal truth, but not many people go that far. For some therapists, the subconscious mind is not unified and can be composed of different or even many parts, which develop as a result of trauma, even if they do not develop into full-blown multiple personalities. Thus, depending on which part you are in contact with, you might obtain quite different answers.

Specialized kinesiology has combined the muscle test with a series of energy exercises designed to correct energy blockages in the meridians, the chakras, and in other parts of the body. It counts on the innate wisdom of the body/subconscious to tell the therapist which energy correction out of many the person needs at that moment. But the muscle test can be combined with any healing modality to verify whether a particular course of action is the right one for the person, or to see if the body is responding positively to a treatment.

## CONCLUSION

The field of natural healing is vast and still growing. Although it has not been possible to include all of the existing methods and techniques in this report, it is hoped that this guide will serve as a useful introduction to those who are new to the practice of natural healing. These exciting and promising techniques are worth knowing about.

Now that you have an overview of what is available, you may wish to find out more about one or several methods that you think could be beneficial to yourself or a loved one. There is a wealth of information on the Internet, and as you take responsibility for your own health and well-being, you will gain confidence in your ability to evaluate and test them until you find one that is right for you. You might even want to use the muscle test to ask your subconscious which of the many methods you have just discovered would be best for you!

Remember, this does not mean that you need to abandon all the wonderful benefits of traditional medicine, nor that you should not exercise prudence, especially if your problem is critical or life-threatening. Natural methods often tend to work slowly, and in an emergency, the emergency room may be your only choice. But contrary to certain critical voices that warn you to stay away from all alternative practices as if they were proven to be harmful quackery, the great majority of these practices present no danger at all, and if they have not passed the tests of strict scientific experiments, they have not failed them either, because most of them have not received the kind of funding needed to conduct a full-blown

experiment.

To those who have embraced natural healing practices, it is to be hoped that they will inform others about their positive experiences in this “new” field so that others may be inspired to adopt practices which will give them a sound body as well as a sound mind.