



The Benefits of Alternative Medicine

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Alternatives...



- Cranio Sacral Therapy
- Acupuncture
- Reiki
- Healing Touch
- Qigong



Cranio-Sacral Therapy

CST was pioneered and developed by osteopathic physician **John E. Upledger** following extensive scientific studies from 1975 to 1983 at Michigan State University, where he served as a clinical researcher and Professor of Biomechanics.

CST is a gentle, hands-on method of evaluating and enhancing the functioning of a physiological body system called the **cranosacral system** - comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord.



CST - a possible solution for:

- Migraine Headaches
- Chronic Neck and Back Pain
- Motor-Coordination Impairments
- Colic
- Autism
- Central Nervous System Disorders
- Orthopedic Problems
- Traumatic Brain and Spinal Cord Injuries
- Scoliosis
- Infantile Disorders
- Learning Disabilities
- Chronic Fatigue
- Emotional Difficulties
- Stress and Tension-Related Problems
- Fibromyalgia and other Connective-Tissue Disorders
- Temporomandibular Joint Syndrome (TMJ)
- Neurovascular or Immune Disorders
- Post-Traumatic Stress Disorder
- Post-Surgical Dysfunction

Acupuncture

- Acupuncture is primarily concerned with regulating the individual's life force, the body energy or 'Qi'. It has a number of beneficial physiological effects. Acupuncture has a relaxation response with decreased heart rate, lowered blood pressure, stress reduction and increased energy and tissue regeneration.



- Although best known for the control of pain, the benefits of acupuncture include a wide variety of disorders. Through clinical trials, the benefits of acupuncture have been proven for treating various medical conditions and its use has been expanded into conventional medicine practices.

Benefits of Acupuncture

- Reduce Stress
- Improve circulation
- Relieve aches & pains
- Improve Range Of Motion
- Increase energy & vitality
- Loosen blocked energy
- Promote calmness & serenity
- Build stronger immunity
- Improve hormonal balance
- Aid the healing process
- Improve memory
- Create inner harmony & awareness
- Over-all well being on all levels
- Acupuncture is often used as a form of preventative medicine, as it is beneficial in preventing illness from occurring.





Usui Reiki

- Usui Reiki balances energy, (i.e., auras, chakras) in all systems of the body to include physical, emotional, spiritual, and mental. Our daily experiences, events, and/or environments can result in an imbalance of our Universal Life Force Energy field. Many times, the human being is not aware of how an imbalance happens or even that one has occurred. Imbalances might manifest through physical discomfort or dis-ease, spiritual alteration, and emotional or mental changes within the individual.
- Usui Reiki is known to provide supportive healing for reduction of depression, anxiety, and life stresses. Individuals report a better ability to cope with pain, and a sense of well-being and relaxation following a treatment.

Usui Reiki



Reiki, (pronounced ray key), comes from the Japanese words meaning Universal Life Force Energy, (ULFE). Everything in our universe is endowed with Life Force energy, including humans, animals, plants and objects. Reiki was founded by a Japanese Monk and Educator, Mikao Usui (1865 - 1926). Reiki practitioners are attuned to the Source of ULFE, who some would consider to be God.

What is Healing Touch?

•Healing Touch is a program in energy based therapies derived from the ancient art of hands-on-healing. The techniques taught in the program work with the energy of the body to induce deep relaxation and promote self-healing. Body, mind, emotions and spirit are touched through this process.

•The goal of Healing Touch is to restore harmony and balance in the energy system. It is safe for all ages and works in harmony with standard medical care.



How is Healing Touch Useful?

- Healing Touch is founded on the premise that all people have the ability to facilitate healing through compassionate intent and the balancing of the human energy field. Healing Touch can be integrated with traditional and complementary health care and is effective in:
- Promoting relaxation
- Strengthening the immune system
- Managing stress
- Speeding tissue & bone healing
- Reducing pain
- Care & healing of acute & chronic disease
- Supporting Cancer Care

CFQ Healing Qigong



- Qigong is complementary to medical and alternative treatment.
- Qigong is the healthy answer to "movement for a lifetime" at any age and any ability.
- If you're a little shy of yoga and don't consider the hula-hoop a viable option, Qigong (pronounced chee-gong) could be the answer.

CFQ Healing Qigong

- CFQ Qigong is a series of easy meditative and energy clearing movements. These meridian movements can effectively help you let go of stressful states, disease energy and memories.
- One set of Qigong movements takes only 15minutes and helps you instill peace and clarity for continued well being.
- The wisdom of the body is restored to activate the self repair response and radiate well being and peace.