

AYUERVEDIC

Shirodhara

Shirodhara is a purifying and rejuvenating Ayurvedic therapy designed to eliminate toxins and mental exhaustion as well as relieve stress and ill effects on the central nervous system.

It begins with a lemon and Dead Sea salt scrub on the feet, warmed oil is then drizzled over the forehead as marma points of the head and suture lines are massaged. It closes with a neck, shoulder and arm massage

Shirodhara has been found to be a useful therapy in aiding memory and learning disorders, chronic headaches, anger, insomnia, tension, anxiety, and hypertension. Shirodhara improves vitality and balance through detoxification while providing nourishment to the body, mind, spirit and emotion of the individual.

Note: a marma point is a juncture on the body where two or more types of tissue meet, such as muscles, veins, ligaments, bones or joints. These intersections have an energetic component much like acupuncture points that carry vital life force energy. The idea behind massaging the marma points is to cleanse the body of toxins and release blocked energy.



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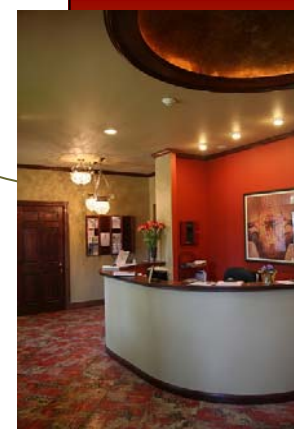


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the
CENTER



HOLISTIC
HEALTHCARE



A SANCTUARY FOR ALIFESTYLE
OF WELLBEING

MENU OF NATURAL HEALTH SERVICES

Acupuncture & Oriental Medicine

an ancient oriental therapy that stimulates a self healing response in the bodies system by inserting very thin, hair-like needles into specific acupoints. Acupoints are energetic pathways on or under the skin. Acupuncture supports the natural healing powers within the body, improves and maintains general health. Useful for a variety of health, pain, and habit-ual related concerns. Oriental medicine includes the use of Chinese herbs and teas as well as other mas-sage type techniques.

Hypnosis

Hypnosis is a tool to bypass the conscious mind and directly access the power of the subconscious mind which governs our habits and behavioral patterns. This eliminates the struggle of relying solely on will-power. Our inner belief system, negative self talk and past experiences can sabotage our attempts to create what we want in life. Hypnosis can erase past nega-tive influences and establish positive belief patterns and behaviors. All that is required is an open mind, an imagination and a willingness to follow guided direc-tions.

Energy / Vibrational Medicine

There are many therapies that fall under the umbrella of Vibrational Medicine. All therapies are non-invasive in nature. It is also termed as Energy Medicine or En-ergy Therapies. Vibrational medicine is rooted in East-ern philosophies of medicine and are based on quan-tum physics. Intervention techniques utilize three major interacting systems: energy centers (chakras), energy pathways (meridians and acupoints), and the human bio-field (systems of energy that envelop the body) to address the root cause of dysfunction or disease and to achieve balance and wellness on all levels of being. The therapist uses muscle and pulse testing breathe work, various touch techniques and other methodologies in order to release blockages and balance the electromagnetic fields which serve as a matrix to physical manifestations experienced on a body, mind, spirit, emotion, level. Vibrational Thera-pies are useful for a broad spectrum of conditions from everyday stress to chronic illness or to simply assist with manifesting what you want in the various aspects of life.

Naturopathic Medicine

Naturopathic medicine is a patient centered primary healthcare approach that uses natural therapies to restore and optimize health. Naturopathic Doctors utilize nutrition and natural health services for a variety of health con-cerns and complaints. Specialty areas include, but are not limited to, natural family medicine, cardiovascular con-cerns, allergies, digestive complaints, women's health, and cancer support.

Luminous Healing (Shamanic Medicine)

Luminous healing is an indigenous earth based energy medicine. It is an energetic therapy that has been used by shaman medicine people from South America for thou-sands of years. Luminous energy healing reaches the source of illness or disharmony at the deeper level of the human spirit which creates an energetic shift so that power can be restored and healthy change can occur on a body. mind, spirit, emotion level.

Counseling / Empowerment

This solution –focused counseling enables you to gain or regain “control” over problematic thoughts, behaviors, or life situations that are becoming too difficult to resolve on your own. Counseling focuses on breaking through the difficult life experiences and habits that create stress in our life, depletes our natural sense of integrity and hold us back from experiencing true happiness and health. This is an approach that truly empowers the individual to solve their own problems and to gain confidence in addressing life's challenges.

Nutrition/ Supplement Counseling

Have you ever wondered if you're getting enough of the proper nutrients in your diet to prevent illness? Are you aware of the possible interactions between certain medica-tions and supplements? Have you ever wondered if your taking the right supplements for maintaining your health? Are your supplements of good quality and are you taking the proper amount for preventive medicine? A nutrition or supplement consultation can help you find answers?

Note: We are continually expanding and offerings continue to grow. Please see our website for a more comprehensive description and listing of services and programs.

Life Coaching

An intuitive feedback process that helps individuals better understand, release, and move forward with past/ present concerns in their life. Life coaching gives you tools and strategies to help indi-viduals manifest what they want in life.

Stress Reduction

This Individualized stress reduction session includes assessing what your major stressors are, how your body may be manifesting signs of stress and what types of de-stress techniques would best be suited for your lifestyle, learning style and temperament. You will experience some de-stress techniques and begin to build your own set of de-stress tools.

CranioSacral Therapy

A gentle hands on method of evaluating and enhancing the function of the craniosacral system which is com-prised of the membranes and cerebrospinal fluid that surrounds and protects the brain and spinal cord. Using a soft touch a practitioner releases restrictions in the craniosacral system to improve the functioning of the central nervous system.

CST is a wonderful preventive medicine therapy that bolsters resistance to disease and is effective for a wide range of medical problems like migraines, learning dis-abilities and autism, temporomandibular joint syndrome (TMJ), neurovascular and immune disorders.

Ear Candling

A specially designed conical candle dipped in herbal beeswax is inserted in the ear. The smoke & warmth combined with the design of the candle creates a natu-ral atmosphere to loosen ear wax and eliminate fungus deep in the ear canal. Useful for the following: *Ear In-fections, Ringing In The ears, Hearing Loss, Migraines, Sinus Problems, Ear Aches and Pressure, Balance Prob-lems, Problems With Mental Clarity, Sixth And Seventh Chakra Blockages.*

