

Holistic complementary medicine

Holistic complementary medicine ministers to the whole person - mind, body and spirit: healing has a spiritual as well as physical dimension. It is important to recognize that many therapies have long traditions and predate modern medicine.

Reflexology

Ancient Egyptian hieroglyphic dated back to 2330 BC found in the physician's tomb at Saggara depicting pressure being applied to small areas of the feet and hands.

Reflexology is a safe and simple science which is based on the principle that there are minute reflexes in the feet (and hands) which relate to every organ and structure of the body. "The feet mirror the body". The theory involves dividing the body into ten zones which run from head to toe and allow accurate locating of each organ and structure. As yet, this therapy has not been fully explained scientifically; however, early research has suggested that by applying pressure to the reflex points on the feet, the release of the body's own pain killers - endorphins - is stimulated. So far the validated research has centred around the release of endorphins. The overall relaxation experienced during a treatment is very evident to the recipient. Already an increasing number of local surgeries and clinics have Reflexologist available to help patients relax and promote healing. They are providing the public with a more rounded health care service, greater choice and an opportunity to seek alternatives to drugs and surgery.

Aromatherapy

Dates back to the time of Egyptians and Persians. Aromatherapy is the controlled use of Essential Oils. These essences of aromatic plants, petals, leaves, stems, bark and roots sometimes called 'The life of Plants' have therapeutic properties to assist and

maintain mental and physical health. Aromatherapy helps to restore the energy and balance in the body rather like energy, which supplies power for lighting, heating and cooking in our homes. When the power supply is reduced or interrupted our appliances cannot work. So it is in the body, when our energy is low or tension blocks the natural flow, our organs and systems cannot function properly. Aromatherapy treatment using essential oils, can be used in various ways, inhale the vapours to relieve ailments as well as to provide pleasure and relaxation. To apply the oils with carrier oil can be massaged into the body, to relieve muscle aches and pains. Mix the oils with natural cream for skin care and skin problems, or a room vaporiser to create different moods, in your home and work place.

Indian Head Massage

Is an ancient therapy that originated in India. Babies are massaged daily from birth to keep them in good health and this routine is continued until they reach 2 - 3 years of age. Massage is then reduced to once or twice per week, and a bond between mother and baby is formed. The massage helps remove stress linked problems like eye strain, neck tension and headaches. Indian women use the massage along with different oils, such as coconut, sesame, sweet almond, mustard oil to maintain health and condition of their hair. The whole family can benefit from Indian Head Massage.

Reiki

Reiki is older than any written account, but the modern story of Reiki begins in the mid 1800's with Dr Mikao Usui, a Christian Minister in Kyoto, Japan. Reiki is a system of 'healing'. It is practised by the simple process of laying on of hands to

channel healin~ energy through the practitioner to the recipient. This healing can take place on many levels. Reiki is a Japanese word that translates as 'God Light Energy'. It is used to describe the whole of creation - every cell, blade of grass, stone, tree, animal,

human being, every planet and star. Just as a model car requires batteries to make it move, so the complex creation of the universe requires a form of energy to animate it. The 'Chi' or 'Prana' provides us with the vitality required to maintain our health, balance and well being on all levels. The Reiki system of healing is a unique way of harnessing and transmitting universal energy through the hands. Heat from the practitioner hands can often be felt. Reiki is for everyone, young, elderly, male or female, even animals. Reiki can bring relief to a range of physical and emotional problems, from minor complaints to more serious conditions. The act of laying hands on the human or animal body to comfort and relieve pain is as old as instinct.

When experiencing pain the first thing that most people do is to put their hands on it. A mother's instinct when a child is feverish or ill directs her to place her hands on the child's forehead. Human touch conveys warmth serenity and healing. It also conveys caring and love. It is a non-invasive therapy, the client does not undress. It is not affiliated with anyone religion or religious practice. Reiki is used in hospitals, private practice and in conjunction with many other therapies. Distance Reiki Healing can be sent to individuals to help with health issues, to comfort and give strength.

These are just a few of the many Complimentary Therapies, which work along side, Orthodox medicine, and do not interfere with any treatment or medication.

Alternative medicine can be an additional part of the overall approach to managing sickness.