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The Many Types of Natural Health Cures and Remedies

Achieve a Balance: Feng Shui All the Way

Feng Shui is an ancient Chinese belief that involves the study of both the natural and the built environment. The arrangements of these objects affect the yin and the yang, as well as the energy of a room.

Feng Shui has developed into many different versions based on religion, geography, symbolism and culture. One commonality of all Feng Shui practitioners, however, is the belief in energy. The different schools of Feng Shui have developed into seven different predominant forms.

The first school of thought is the Compass school. The compass school uses 8 trigrams of the I-Ching. These 8 trigrams are known collectively as Pa Kua, which is based on the eight main directions of a compass. Each of these directions is associated with a specific chi. A southern direction, for example, is vibrant energy and is associated with the middle of the summer.

Another school is the Eight Mansion School, also known as the Eight House Feng Shui. This school of thought is based on the individual number of a person. The number of the man living in the home is used to bring harmony and balance to the home. Furthermore, people using this system have both lucky and unlucky numbers, with the west numbers being 2, 6, 7, and 8 and the east numbers being 1, 3, 4, and 9.

The Form school of thought is based on the landscape's shape and uses four symbolic animals. These animals are used to identify the type of landscape. The Form school is easy to use along with the Compass school to increase chi both in and out of the home.

The Black Hat Sect is another school of thought. The Black Hat Sect used a fixed entry point for determination of the life areas. It is similar in philosophy to the Compass school, but the areas are different. In addition, the Black Hat Sect mixes psychology, Buddhism and basic design principles, as well.

Another school is the Nine Star Key School. This form used stars to help identify lucky and unlucky days. Using complicated math formulas, this school can pinpoint when a person will get married and the astrological sign of the person to be married to. This form is very inflexible and is based purely on science. The Nine Star Key will also tell the practitioner what house he lives in and makes suggestions on how to live based on the house.

The Flying Star philosophy is the most common Asian form of Feng Shui and is based on astrology and numerology. This form is difficult to understand and to learn. It, too, is based on mathematical principals and is used to determine a person's fate.

The final school of thought is the Four Pillars. This form is not very common and is based on astrology according to the person's date of birth, right down to the minutes. This form is also used to determine a person's fate.

After determining which school of thought is best for an individual, it is important to also understand the five elements of Feng Shui. These five elements are: Earth, Fire, Water, Metal, and Wood. The elements are capable of destroying each other's energies and forming a continual cycle. Through the use of these elements, balance and harmony can be created in a home. If these elements are used incorrectly, however, the energy can be destroyed or lessened.

Each of the five elements is also associated with a color, direction, and number.

- Earth (Brown/Beige) - 2,5,8 - Southwest
- Fire (Red/Purple) - 9 - South
- Water (Blue/Black) - 1 - North
- Metal (Grey/Reflective) - 6,7 - West
- Wood (Green) - 3,4 - East

Each of these elements has both a destructive and a productive cycle and must be used carefully.

The productive cycle uses the following pattern:

Water - Wood - Fire - Earth - Metal

Water feeds Wood for it to grow. Wood then feeds Fire and produces Earth. Earth, in turn created Metal. Metal holds water and, thus, continues the cycle. To keep this cycle flowing, bring into the room the elements before and after the main element

The destructive cycle reduces energy and can be used in a room where one element needs to be lessened. It follows this pattern:

Water - Fire - Metal - Wood - Earth

Water puts out Fire and Fire melts Metal. Metal cuts Wood down and Wood clogs Earth, while Earth muddies Water.

All rooms in a Feng Shui home should be balanced with these five elements, but different items may weight heavier than others. For example, a chair might score as three counts of an element while a throw pillow only counts as one because of the difference in size.

Feng Shui can bring both beauty and balance to a home.

Colon Cleansing: Taking Care of your Insides

Doctors promote cleansing of the colon to promote good health. If the colon is not working right, toxins must leave the body through other avenues. Bad halitosis, body odor can be taken care of with colon cleansing. Doctors say that cleansing the colon cleanses every tissue and cell in the human body. Toxic matter in the colon can cause colon diseases, headaches, fatigue, muscle aches, lupus, and cardiovascular disease.

Cleansing the colon can also get rid of unwanted parasites that our bodies might be harboring. These parasites can come from insect bites, rare meat, vegetables not cleaned properly, and pets and even through sexual activity. In fact, it's more common to pass on parasites than it is to pass on a venereal disease.

Our body is designed for the bowels to move after every meal. In our western civilization, that is hard to do so we have trained our body to once a day. When our colons become backed up then serious problems can develop. A toxic colon can lead to food intolerance and becomes a breeding ground for bacteria.

Even though you may have regular bowel movements, the waste can pass through the colon and still leave accumulated residue on the walls behind it. A dirty colon can cause the muscles of the colon wall to lose tone, and ballooning or pouches can form causing diverticulosis. Food is trapped in these pouches and become breeding grounds for bacteria.

If you have any of the following symptoms, you may well benefit from colon cleansing. Depression, cold hands or feet, chronic fatigue, endometriosis, circulation problems, memory loss, low sex drive, gas, insomnia, irritability, allergies, body odor and bad breath. Brittle nails and hair, blood pressure, memory loss and inability to concentrate are also a few more symptoms of colon toxins.

How do you clean out the colon? There are several different ways, some that will do it quickly and some gradually. There is even colonic irrigation that is very quick and an efficient way to wash away years of impacted feces and toxins.

A more gradual process will do the same thing, but you will begin to see improvements within a short time after starting the process. Skin problems disappear, chronic fatigue is alleviated, and the whites of the eyes regain their youthful clearness. The gradual process takes a period of several weeks, with the patient starting out eating raw food as 50 percent of their diet.

By adding two teaspoonfuls of Metamucil or Citrucel and drinking a lot of water can get you started on your colon cleansing. Water is an important part of the cleansing. Some people believe they shouldn't drink a lot of water because they tend to retain fluids. The opposite is true. The body retains the fluids because it isn't getting enough fluid and tries to hang on to what it gets. The recommendation is to drink two quarts of water a day and start the day with at least a pint of hot water before breakfast.

Irritable Bowel Syndrome can be helped with a colon cleansing. I can personally attest to that, as I was required to do a bowel cleansing before having a colonoscopy. I had suffered for

years with Irritable Bowel Syndrome, I was terrified to eat at fairs or street festivals, or eat and then get right in a car to travel.

After going through three days of fasting and laxatives and foul tasting stuff to drink, I had my test. Nothing was found, but the result was that I felt wonderful and had no Irritable Bowel Attacks for over three years after I had my test. I'm not saying it was a pleasant experience to go through as it wasn't the gradual process described above, but it did leave me feeling great and totally rejuvenated.

There are supplements available that are designed specifically for colon cleansing. These come in capsule form and are not too expensive. They can be found at any drugstore or natural food store.

It's been said that a positive effect of colon cleansing is a positive feeling and becoming extremely energetic. Reducing the toxins and the breeding ground for germs also can result in a dramatic increasing in immunity from any type of infection.

Eye of the Beholder: Fascination of Iridology

Iridology is the diagnostic method that examines the patterns and changes in the iris of the eye that may suggest a health issue or disease. Iridology, or iris analysis or iris diagnoses, is a method of alternative medicine that is used to analyze a person's health status by examining the colors, components of the iris, pupil and sclera of the human eye. When people notice an attractive person, the first thing they may notice is the other person's eyes, often referred to the windows of the soul.

When you look into someone's eye's you can often tell how the person is feeling, if they are lying, angry, ill or in love. When people are tired or not feeling well, their eyes will lack the usual sparkle or appear dull. Not only are the eyes the windows of the soul, they are also the map to our bodies. Although some people believe their eye color never changes through out their lives, there are noticeable changes as we grow older or our health changes.

These changes can appear as marks or clouds in the iris, the pupils, or sclera of your eyes. Iridologists can assess an individual's physical, mental, emotional and spiritual health by iris analysis and be able to guide them and show them what measures need to be taken to improve their health.

In the early 1800's Dr. Ignatz von Pezceley of Hungary, also known as the father of Iridology, developed the first map of the iris. It has been recorded that when he was a child he had found an owl with a broken leg and when he looked into the eyes of the owl, he noticed there was a black line in one eye. When the leg healed, the black line was replaced with a white mark in the same eye.

This very incident started a life long involvement to the study of Iridology. Over the years Iridology has been studied by health professionals, doctors and scientists throughout the world and is even taught in countries like America, Russia, Germany, and Australia.

Several medical doctors, natural therapists, and healer have also opted for a career in Iridology as the demand has been steadily increasing throughout the world. Many patients are progressively searching for alternative methods to treat their health problems as modern day medicines have reached its limitations. Most diagnostic techniques like x-rays and blood tests that can be painful can be invasive and may carry with them a degree of risk.

In Iridology, the exam is completely safe, painless, and non-invasive and a totally reliable way of acquiring the information needed about an individuals health status. Over the past few years, Iridology and natural medicine have shown an outstanding growth as a career choice all over the world. There is fantastic potential when Iridology is used in combination with other natural healing techniques such as Homeopathy, Nutrition, Vitamin and Mineral Therapy, and Herbal Medicine thus providing effective relief to the growing number to health problems.

Iridologists conduct their analysis by using charts, which can vary up to at least 20 different charts, where the iris is mapped to specific organs and other parts of the body. Some Iridologists may develop their own charts, whereas some charts are more widely used than others, but many Iridologists become familiar with several charts. These preferential differences all depend on the individual practitioner, and their techniques. The specifics may be different on each chart; they all share a generalized pattern.

The charts are designed to divide the iris into several zones in accordance with the different parts of the body. The right eye is mapped to the right side of the body and the left eye to the left side. The top of each eye corresponds to the upper body (for example, the face, neck, brain, heart and chest). The center of the eyes corresponds to the digestive organs and stomach. The bottom of the eyes corresponds to the lower half of the body such as the legs. All paired organs, such as kidneys, lungs, etc. are all mapped to both irises along with other organs that stand for other concentric circular zones that are moving to the outer edge of the iris.

Feel the Pressure and Gain More Energy: Reflexology at Work

Reflexology has been used for many centuries. The method of reflexology, also called "zone therapy," dates back to ancient Egypt, India and China. Evidence of reflexology has even been found in tombs in Egypt. The method of reflexology works by stimulating and applying pressure to certain parts of the hands, or to the feet.

Oil, lotion and creams are not used with reflexology. The pressure causes increased circulation and promotes an overall healthier body. The form of reflexology most commonly used today dates back 125 years old to Europe and Russia.

Because hands, feet and ears are very sensitive, pressure on these areas are believed to benefit whole body health. It is estimated that this method can be effective in treating over 93% of sixty-three disorders. Those undergoing reflexology sessions often report increased physical and emotional improvements and feel better with their self-esteem and confidence.

Many benefits of reflexology have been reported. This method can reduce stress from work or home and provide an overall feeling of relaxation. This form of massage also serves to reduce

and sometimes eliminate pain in the neck, shoulders and lower back. Reflexology also improves circulation in the body. Another benefit of reflexology is that those receiving regular sessions report an overall sense of well-being, better health and a feeling of reduced stress levels.

In addition, reflexology therapy has been reported to reduce the pain or discomfort caused by a wide variety of medical symptoms. Sessions can help back pain, minor headaches and migraines, menstrual cramps, injuries from sprained muscles, sleep disorders and arthritis some patients report that this therapy also helps infertility. Reflexology can also safely and effectively be used on almost anyone including infants and children, pregnant women, the ill and the elderly.

This technique is a natural way to help both stimulate and relax the body at the same time. Many who experience reflexology report an immediate relief of stress or pain caused by medical conditions.

Learning the techniques of reflexology can be quite simple and easy. Many people can learn the technique and practice it at home or in the office. On-site classes and classes online are offered in many areas to teach the basics of reflexology. Also, books and videos can offer advice on learning the basics of this technique. Many specialty stores offer socks and gloves that can be purchased with the reflexology maps for the hands and feet.

During a traditional reflexology course, students will usually learn the basics of reflexology techniques as well as hand and ear basics. Students also might learn the anatomy of the lower legs including the bones and muscles. Massage techniques and alignment exercises are often taught as well.

While no one is quite sure how reflexology works, there are some theories. One is the "nerve" theory. This theory maintains that there is a connection between the body maps used in reflexology on the feet, hands and ears to the rest of the body. When a certain pressure point is massaged, it will affect the part of the body connected. This is the most widely believed theory on how reflexology works.

Another theory is that reflexology is based on the "meridian" theory. This states that there are at least fourteen energy lines called meridians going up and down in the body. These energy lines have hundreds of pressure points and some of them are in the hands and feet. When pressure is applied to those areas, it creates a sense of well-being.

Another theory on how this technique works is the "vertical" and "horizontal" zone theories. These state that the body is divided into either ten wide vertical strips or four horizontal strips. Every part of the body falls into one of the strips. Pressure applied to these areas helps that certain body zone.

Professional reflexology sessions can last between forty minutes to an hour. The session usually takes place in a chair with the feet raised. The reflexologists will use their hands and thumbs to help stimulate trouble areas in the body. Typically, after a session, the patient will feel comfortable and relaxed. Sometimes aromatherapy and breathing techniques are used to deepen the effects of reflexology. Breathing techniques used in conjunction with reflexology stimulates a deeper relaxation and better circulation.

Heal Thyself: The Secrets of Qi Gong

Modern medicine seems to be constantly challenged with the methods of alternative medicine, mainly when the modern medicine fails the patient. Qi Gong is a method of healing yourself, by discovering the inner geography of your body and by gaining awareness and control of how your body functions in order to heal yourself.

Dieting can seem like the neverending battle. As people strive to lose weight, it can be frustrating when the results are slow to come or not at all. Weight fluctuations can seem insufferable as your inner desires to loose weight and the need to change your eating habits. Diets usually involve changing your food intake without increasing your self-awareness.

By changing your food intake, you can inadvertently do away with the foods that you like and need. Most diet trends don't encourage you to discover what is really best for you. One diet does not fit all. This is where Qi Gong comes in, by presenting a sustainable, self-directing approach to cultivate the knowledge of how your body works. Qi Gong nurtures who you are instead of inhibiting your dietary needs.

The knowledge and practice of Qi Gong unveils how the body can regulate itself so you can gain the power to have control over your own weight and health. By using simple exercises on a daily basis, you can greatly improve your digestion rate, increase your metabolism and encourage weight loss. The students of Qi Gong learn to use exercises that combine the posture, gravity, breath, mind and movement together to cleanse the Qi (the vital life force).

When the Qi is in balance, all the systems in the body become harmonized therefore improving digestion and metabolism and relieving any ailments. As a self-healing practice that has been widely documented in China, Qi Gong has been proven to improve digestion and the overall health of the one who practices it. The efficacy of the use of Qi Gong has also been recognized in the United States by The National Center for Complementary and Alternative Medicine of the NIH and is currently doing further research to document the long-term weight loss effectiveness.

Most people in today's world do not digest their food efficiently enough and the food remains in their intestines and stagnates, inducing many problems. This is where the practice of Qi Gong comes in to increase the rate of digestion and effectively improve any digestive disorders. By practicing Qi Gong regularly, a person can be free to eat as they wish while achieving a desirable weight. Weight loss is not just about the food you are eating, it's about how food is processed and digested through your body.

Here are some exercises, which if practiced on a daily basis after each meal, can substantially improve your digestion and promote weight loss.

Exercise #1

By using both hands, bring your hands down with palms to the floor, to the level of your solar plexus. Have your fingers pointing toward each other, almost touching. Then easily start to move your hands away from your body to become parallel with your solar plexus (stomach

area). You may feel a sensation that you are pulling something out of your solar plexus as if the tips of your fingers are connected by an invisible elastic cord.

As you are feeling this, move your hands apart, as far away as possible without losing the awareness of the connection. Hold this position until you feel like you are about to lose the connection and then return your hands back to the starting position. When returning your hands to the starting position, you don't have to think much on the action, just do what comes naturally. Don't be alarmed if you don't experience the sensations at first try, sometimes the more you practice this exercise, the more likely to feel the sensation with little effort.

Exercise #2

Begin by repeating the first exercise, but this time you will bring your hands to different areas of your midline. Normally there are five areas that need treatment after eating. These areas are: the solar plexus (stomach area), the area half way between your navel and your solar plexus, your navel, the small area below the navel and the stomach area above the pubic bone. As you work these lower areas, you will need to change your starting position to palms up. This change will normally occur at the navel but it can be done at what ever point is more comfortable.

Hydrotherapy: How to Make H2O Work For You

Hydrotherapy is using water to treat various types of medical conditions. This practice has been part of disease and health condition treatment for thousands of years. Many ancient cultures, including Japan, China, and Rome used hydrotherapy as standard practice. Bavarian monk, Father Sebastian Kneipp, made hydrotherapy popular in the nineteenth century. Current uses of this treatment include baths, saunas, wraps, and packs.

Hydrotherapy is typically used to improve muscle tone, help with digestive and intestinal processes, stimulate circulation, improve the immune system, and offer pain relief. Water has the unique ability to eliminate stress and heal the body. It cannot only assist the external body parts like skin, it can also soothe the major organs as well as the nervous system.

There are a number of techniques to use hydrotherapy. Cold rubbing is one unique use of this practice. It is primarily used to invigorate and tone the body. To start, soak a cloth, preferably linen, in cold water. Ring it out and rub the entire body. After this is complete, go to bed until your body is warm and dry.

Another form of hydrotherapy is a douche. A gentle douche can be carried out with a container of water or a source of water like a hose or showerhead. The water, though, should never splash the skin. The water should flow in toward the heart. After the douche is complete, shake off the excess, get dressed, and work out. There are a number of types of douches. The knee douche is used for headaches, blood pressure problems, sleep issues, and skin problems like bruising or varicose veins.

In this process, the water should move from the toes toward the knee, then back to the sole of the foot. It should be repeated for the other leg.

A thigh douche is very similar. The procedure is essentially the same as above, but instead of stopping at the knee, move toward the upper thigh. In addition to the conditions a knee douche treats, this can also improve circulation. A lower trunk douche is, again, the same procedure, but the entire lower half of your body should be included. This can help with the swelling of major organs or the formation of gall or kidney stones.

The arm douche is used for anxiety issues, rheumatism, heart difficulties, and headaches. To complete this procedure, take the stream of water from the outside of the hand to the shoulder, then back on the inside of the arm. It should be repeated for the other arm. The upper trunk douche involves much the same procedure, but don't stop at the shoulder. Continue to the chest. This should help with lung and throat difficulties.

It can also stimulate the cardiovascular system. The face douche, useful for headaches, eye problems, and toothaches, can be completed by starting at the right temple and moving toward the chin, then up to the left temple, and over the course of the forehead, then making circles about the face.

An additional form of hydrotherapy is a steam bath. These help with circulation, heart rate, hormone production, and airway flow. Additionally, they have been known to boost the immune system, relax the individual, and help with depression. It is important, though, in a steam bath to avoid overheating. Do not spend more than fifteen to twenty minutes in a steam bath.

Full and partial immersion baths are also forms of hydrotherapy. For back pain and the common cold, a rising temperature hip bath can be helpful. For fifteen minutes, three times a week, stand in a tub with rising hot water. It should start at the foot and rise to the navel. The eventual temperature should reach one hundred and three degrees. A cold foot bath can assist with varicose veins, headaches, circulation issues, and sleep problems. Place both feet in a bath filled with cold water up to the calf. You should stop when the water no longer seems cold. Wipe off the extra water, then walk or run until you are dry.

A final form of hydrotherapy is the wrap. Wraps are used to treat fever and inflammation. A cloth, preferably linen, should be wet with cold water and wrung out. It should then be tightly wrapped around the part of the body that is ill, but do not constrict that part of the body.

Once you've completed this wrap, wrap again with a dry linen cloth. The person receiving the wrap can then relax for an hour. If the wrap is not warm after fifteen minutes, a hot water bottle should be applied. If at any point in time, the person receiving the wrap feels ill, the wrap should be removed.

Hypnosis: Does it Help or Hurt Your Recovery?

Hypnosis is a deep state of mind that brings about intense concentration and relaxation. This form of natural healing has a long history of use; with there even being evidence to suggest

that ancient societies used forms of hypnosis in religious rituals. Hypnosis continues to be used today by psychologists, psychiatrists and by certified hypnosis therapists.

Hypnosis is most often related to entertaining stage shows where an audience participant is hypnotized and then does crazy things, like pretending to be a chicken. Hypnosis is also thought of by some as a tool to use to aid with the cessation of smoking. Hypnosis can be much more than a form of entertainment or a tool of self-help. Hypnosis can also be used to aid in the recovery of illnesses and injuries.

As with the medical field, there are many different forms of hypnosis. In one form of hypnosis, guided imagery is used. With this form, hypnotist guides the person into a relaxed state. This relaxed state is usually accomplished by helping the person visualize his stress and release it.

Hypnotism can also be done through the use of direct suggestion. Through direct suggestion, the hypnotist puts the patient into a trance and repeatedly tells him to feel a certain way. Since the patient is more receptive to suggestion while in this trancelike state, he is easily convinced by direct suggestion.

Hypnosis has been shown to aid individuals with pain relief. In fact, clinical studies have shown it to help relieve pain in patients suffering from cancer, burns and leukemia. It has also been shown to reduce pain in women undergoing childbirth and in dental patients undergoing dental procedures.

Hypnosis has been shown to be an excellent alternative to individuals who do not wish to use highly addictive pain relievers, such as morphine, to relieve chronic pain. In fact, hypnosis has been used by some patients as the only analgesic while undergoing cardiac, abdominal, genitourinary, and breast surgery. Amazingly, those who use hypnosis rather than medicine for pain relief found their relief to be far superior.

Not only have thousands of women used hypnotism to reduce pain during childbirth, many cancer patients also claim that hypnotism reduces pain while undergoing chemotherapy. In addition, many cancer patients believe hypnotism helped them recover from the disease.

Hypnotism has had such amazing results that major hospitals are even beginning to use hypnotism to help patients relieve pain and recover from illness more quickly. In fact, the University of North Carolina uses hypnotism to help patients control irritable bowel syndrome.

The University of Washington's Regional Burn Center uses hypnosis to help patients cope with pain. At this center, patients must undergo painful sterilization treatments, during which they have to remain awake. Narcotics are largely ineffective in reducing the pain, but hypnosis has helped reduce the pain for patients as they receive the treatment. In addition, a Northwestern University found that stroke victims are better able to retain function of limbs through hypnosis.

Several hospitals associated with Harvard Medical School are also using hypnosis to speed up recovery time after surgery. One Harvard study even showed that hypnosis sped up the healing time of bone fractures by many weeks. Hypnosis has become such an accepted form of medical treatment that many insurance companies will pay for hypnosis when it is used as a part of medical program.

Much research has been performed in the effects of hypnosis in recovery. One study was published several years ago that found that hypnotism before surgery helped patients require less pain medication. These patients also experienced fewer complications and were able to leave the hospital quicker than patients who did not receive hypnosis. Additional research has shown that hypnotism actually alters brain functioning and activates specific regions of the brain that control the ability to focus and to pay attention.

Even those who support the use of hypnotism believe that it doesn't work for everyone and that some people are more easily hypnotized than others. Hypnotism has also drawn skepticism from onlookers who believe it does not truly put people in a trance. Instead, skeptics believe hypnotism only works because the patient believes it works. Whatever the cause, hypnotism has successfully helped people for hundreds of years.

Listen to your Body: The Basics of Biofeedback

Biofeedback is using the power of the mind to improve health. Through biofeedback, health is improved without the use of medication. The ability to use mind power in this way has been demonstrated in numerous scientific research studies.

In fact, research has shown that biofeedback helps control or remedy approximately 150 different medical conditions, such as hot flashes, asthma, irritable bowel syndrome, Reynard's disease, headaches, incontinence, high blood pressure, irregular heartbeats, epilepsy, and side-effects of chemotherapy, such as vomiting and nausea.

Biofeedback involves teaching the body to control involuntary responses, such as blood pressure, brain activity, heart rate, and muscle tension. Through these techniques, a person can treat both physical and mental health problems.

Biofeedback can also help prevent health problems and provide the practitioner with overall improved health and a greater sense of well-being. Through the use of biofeedback, a person can potentially eliminate the need to use medication. Similarly, biofeedback can help treat illnesses that have been unresponsive to medication.

A person can be trained in biofeedback with the help of a therapist specially trained in the field. Generally, a session for training in biofeedback takes 30 to 60 minutes. During one of these sessions, the therapist places electrical sensors on different parts of the body in order to monitor the way the body responds to stress.

These responses, such as muscle contractions, will trigger a response with the equipment being used for monitoring, such as a beeping sound. In this way, the person being trained in biofeedback can begin to make associations between the body's responses with the way the body is functioning.

During a therapy session, the person being trained in biofeedback attempts to adjust his body's responses. The person receives continual feedback from the equipment being used. If the body continues to react in an adverse fashion, the beeping number of beeping sounds might increase. This means the problem is getting worse. If the beeping decreases, the problem is getting better. In this way, the person learns what activities help reduce the problem and what activities aggravate it.

After understanding how the body reacts negatively, you can learn about biofeedback and how you can make the body have positive changes. Biofeedback will enable you to teach your self how to relax specific muscles. Eventually, the person learns how to make these changes without the assistance of a therapist.

There are many different types of machine used to help in the biofeedback process. An Electromyogram (EMG) uses sensors or electrodes to measure tension in muscles. This is especially helpful in learning how to control grinding of teeth and to relax muscles, particularly in the head, back, and neck. It can also help with illnesses that become worse in stressful situations, such as ulcers and asthma. By using an EMG, the person learns to recognize these feelings early and is then able to control the feelings of tension immediately.

Using sensors to monitor temperature can also be helpful. Often, body temperatures drop when under stress. Therefore, a low temperature indicates a need to begin performing relaxation techniques. This type of biofeedback is especially helpful for people with Reynard's disease or who suffer from migraines.

Other sensors can be used to measure sweat gland activity. This is called Galvanic Skin response training. Excessive perspiration can be a sign of anxiety. Understanding this form of biofeedback and how the body reacts can help control anxiety, as well as phobias and stuttering.

An Electroencephalogram (EEG) can also be used in biofeedback training. The EEG is capable of monitoring brain waves. These brain waves are connected to a variety of mental states, including relaxation, wakefulness, and calmness.

A qualified biofeedback therapist can be found by contacting the Biofeedback Certification Institute of America (BCIA). The BCIA can provide names of certified therapists in specific areas of the United States.

Biofeedback has also been used to help treat stroke victims who have lost movement in their muscles. In addition, psychologists use biofeedback to help ease anxious clients and many specialists use biofeedback to help patients learn to deal with pain. Cardiac arrhythmias, high and low blood pressure, epilepsy, and digestive system disorders have also been successfully treated with biofeedback.

Biofeedback has been repeatedly shown to work, though most patients can't really explain how it works for them or what exactly they are doing to control certain involuntary body functions. But, this is in-line with what biofeedback is truly all about, being able to understand one's own body in a unique way no one else can.

Magic Fingers: Five Benefits of Shiatsu Massage

Shiatsu massage, also known as acupressure, is a point-pressure massage using the fingers. It is designed to help regulate the flow of energy within the body. During a shiatsu massage, thumb, fingers, palms or feet to the body apply pressure. This type of massage helps produce a deep relaxation increases energy levels and brings balance to the body.

The history of shiatsu massage lies within the ancient Chinese. They used the principals of shiatsu in both their medical philosophy and practice. It was developed around 530 B.C. Later, shiatsu massage was exported into Japan, Southeast Asia, and Korea where it was widely practiced. In the 20th century, this therapy was used for treating simple muscular tension and providers were licensed. Shiatsu became popular in the United States, Europe and Australia in the 1970s.

Shiatsu massages last anywhere from forty minutes to one hour. It usually takes place on a padded mat on the floor. This type of massage begins with gentle stretching and manipulation of the skin to allow the stimulation of energy and relax the muscles.

Depending on the need of the person receiving the massage, it can be very gentle and calming or used with high pressure, but should never hurt or feel painful. Acupressure massages are usually given using a rapid circular motion with medium pressure. The massages can last from five to fifteen minutes and include techniques such as rubbing, kneading, percussion, and vibration.

Today, shiatsu massages are performed not only for relaxation, but to aid a wide variety of ailments and symptoms. The following are five benefits of shiatsu massage.

Skin: Shiatsu massages, or acupressure, help stimulate circulation in the capillaries of the skin's soft tissues. The massage also serves to stimulate the secretion of the sebaceous glands and keeps skin moist and smooth. This helps give skin resilience and helps prevent wrinkling. A shiatsu massage will help improve the look and glow of the skin with improved blood circulation.

Rheumatoid Arthritis and Muscle Pain: Shiatsu and acupressure massages can help alleviate the symptoms caused by arthritis. Rheumatoid arthritis is a chronic inflammation of the body's tissue and it attacks the linings of the joints. This disease affects one percent of the world's population. Shiatsu applied to the hands and feet are most effective when suffering from arthritis.

Pressure from the massage can also be applied directly to any area affected by Rheumatoid arthritis. Shiatsu can also be used to improve the overall health of muscles throughout the body. Shiatsu helps limber muscles and gives muscles nutrition by improved circulation. It also helps reduce muscular pain.

Migraine Headaches: Migraines are usually caused by a rapid widening and narrowing of the blood vessels in the brain or head, causing irritation and pain. Common symptoms of migraine headaches include nausea, sensitivity to light and sound, weakness, numbness and vision problems. Migraines are thought to be cause by changes in weather, stress, hunger, foods

containing nitrates and sometimes caffeine. Shiatsu massages helps aid migraines by relaxing the body and increasing blood flow and circulation throughout the body.

Pregnancy: Shiatsu massages have been used for thousands of years to aid women during monthly cycles to alleviate symptoms such as menstrual cramps and depression. This kind of massage has also been used for years for also for pregnancy as well. Shiatsu has been known to help women in labor and help babies turn in the womb. It can induce labor in women who are overdue and help ease morning sickness and swelling often caused by pregnancy.

Circulatory and Digestive System: Shiatsu massages are also found to help aid the circulatory and digestive system. A gently massage helps improve circulation and cellular nutrition throughout the body. A massage also benefits the digestive system allowing food to digest more easily and aids in the elimination of waste products. A shiatsu massage also increases stamina by storing energy reserves and assists in fat metabolism and removal.

Learning basic shiatsu techniques at home is easy with a book or video. It can also reap huge benefits to practice basic techniques at home. When looking for a practitioner experienced with shiatsu, look for one that has at least three years worth of experience. Feeling comfortable with the provider is also important. A session of shiatsu massages generally last from thirty to ninety minutes and can cost anywhere from \$20 to \$80 for a more experienced practitioner.

Your Body Needs Alignment: How to Choose a Chiropractor

Most of us don't know how to find a good chiropractor. Generally, when we are looking for a doctor, we just open up the yellow pages and let our fingers do the walking. Sometimes, we may ask our friends, family or co-workers for a recommendation, but face it, what works for them may not work for you. Finding a good chiropractor can be a very difficult decision, because this is a profession with an unusually wide variety of techniques and philosophies. Here are some tips on how to find a competent chiropractor best suited for you as an individual.

Do a phone interview. Take time out to interview your prospective chiropractor. If the doctor is not available when you call, then arrange a time when you can speak to the doctor. Take note of the doctors communication skills, he should be comfortable to speak with and eager to answer your questions. You may want to ask:

What the doctor's feelings are about how chiropractics differ from other health professions?

What does the doctor see as his responsibility when performing a competent diagnosis?

How does the doctor feel about referring patients to other specialists?

What kind of techniques does this doctor offer?

What kind of experiences has he had with other patients with similar conditions to you?

What are the doctor's fees or does the doctor take your insurance, or in case you have an HMO, do you need a referral?

What is doctor's location and what are his hours of operation?

Avoid a chiropractor who:

Considers his profession as being opposed to the medical profession.

Denies responsibility to diagnose and refer patients in a good manner.

Tries to sell you on his "miracle cures" or any other technique that only he knows how to do or has learned in some "school of thought"

Insists you have x-rays done as a routine or requirement, or insist on having an EMG scan or other expensive test that is often not necessary.

Uses scare tactics or if he sounds like he's making a sales pitch on you.

Has a dirty, littered or foul smell in his office.

Cold calls you to announce their presence in your area and tries to make you a free appointment.

All depending on the seriousness or extremity of your condition, you may need to see the chiropractor several times before your condition can be relieved. This is a good reason to choose a chiropractor that works within a reasonable driving distance with hours that suit your schedule. It's important to have a chiropractor that you can rely on to get into fairly quickly without having to wait a month or so to get in.

On your first visit to the office, what is your general impression? Any doctor's office should have a clean and professional appearance. The office staff should be able to treat you with the courtesy, respect and professionalism that are expected of a medical establishment. Many offices require you to fill out forms about your general medical history and the problem that brought you to them for the doctor to review with you during a private interview.

You should be able to discuss your problem in detail, followed by having vital signs taken, and a number of other neurological and orthopedic tests. You should also have an analysis of your musculoskeletal system functions and structure, to determine if your problem is within the scope of chiropractics. If the doctor insists that other laboratory tests are necessary, ask why.

He should be able to provide a clear and concise explanation that makes sense and that is easy for you to understand. The doctor should be able to explain your problem, treatment options and customize a treatment plan that you are able to understand. If he is unable to do this, then he is not the right doctor for you.

The length of treatment varies with each individual. Although your condition may resemble your best friends, it does not mean you will heal as quickly as she did. Everyone's musculoskeletal

system is different and responds differently to treatment. This is why it's important to do your own research and interviews before settling with a chiropractor. Never let anyone pressure you into seeing a particular doctor.

Stick it to Me: Ten Reasons to Try Acupuncture

Acupuncture is a natural therapy that is a form of Chinese medication. It involves inserting hair-thin needles into specific points on the body to stimulate the body's healing abilities. Acupuncture can be used to heal and overcome a variety of physical and mental health related problems.

Pain Relief

Acupuncture can aid in relieving pain. This is, in part, due to the fact that acupuncture increases the body's level of endorphins, which are often referred to as "feel good" chemicals. Acupuncture also helps normalize nerve impulses because acupuncture points and the central nervous system are connected.

The Immune System

Evidence has indicated that acupuncture strengthens the body's immune system and natural resistance. It has been shown that there is an increase in white blood cells, as well as in the level of Alpha, Beta, and Gamma Globulins after an acupuncture treatment. Alpha and Beta Globulins are thought to help white blood cells better fight infection, while Gamma Globulins assist in the production of immune antibodies.

Drug Recovery

Acupuncture assists in the recovery of drug and alcohol addiction. It does this by helping to reduce withdrawal symptoms, decreasing cravings, relieving tension, and helping people relax. In fact, acupuncture is so successful in drug treatment recovery that many clinics throughout the United States use acupuncture as an integral component of their programs.

Musculoskeletal Disorders

Acupuncture has the ability to release muscle tension, as well as tension in the connective tissues. This allows the lymphatic, nervous, and circulatory systems to function more efficiently. For these reasons, acupuncture is helpful in both prevention and treating musculoskeletal disorders. In fact, sports figures such as Carl Lewis, Charles Barkley, and Jim McMahon are known to use acupuncture in order to improve training and performance, as well as to speed up healing and to manage pain.

Allergies

Allergies are caused by the immune system reacting to substances that are harmless to most people. Environmental factors, such as pollen, dust and chemicals are common causes of

allergies. Similar, foods such as milk, wheat, and selfish can cause allergic reactions. Allergies can cause watery eyes, stuffy nose and sneezing.

They can also cause more serious problems, such as joint pain, diabetes, glaucoma, kidney problems, depression, heart palpitations and learning disorders. Through acupuncture, the body can be detoxified and the immune system can be strengthened, thereby causing the body to cease having allergic reactions.

Stress

Stress can lead to more serious health problems, such as heart disease, cancer, stroke, and respiratory problems. According to Chinese medicine, stress causes these problems when the liver energy is out of balance. Therefore, acupuncture helps but this energy back into balance, which relaxes the muscles and brings about peace of mind.

Diseases and Disorder

Acupuncture can help with more than 50 different internal medical problems. Some diseases that have been effectively treated with acupuncture include: bronchitis, asthma, diarrhea, ulcers, and hypertension. The exact acupuncture treatment varies depending on the medical condition and may be used in conjunction with other natural therapies, such as herbs and massage.

Chronic Fatigue Syndrome

Chronic Fatigue Syndrome is often brought on by depression, stress, or an infection. No matter the direct cause, patients with Chronic Fatigue Syndrome have immune system deficiencies and most have a weakness in their internal organs. Acupuncture can be used to improve the body's immunity and, therefore, eliminate Chronic Fatigue Syndrome.

Menopause

Typical symptoms associated with menopause include night sweats, hot flashes, insomnia, mood swings, and heart palpitations. In Chinese medicine, these symptoms occur when the Yin is out of balance. Yet other symptoms of menopause can include weight gain, hypertension, indigestion, and water retention, these are caused by an imbalance in the Yang.

If these are left untreated, it results in a Qi deficiency, which causes feelings of fatigue, a dry vagina, decreases sex drive, lower back pain, cold extremities, and incontinence. Acupuncture therapy has been shown to help get the Yin and the Yang back into balance, thereby reducing the symptoms of menopause.

PMS and Menstruation

Many women experience both emotional and physical pain and discomfort before and after menstruation. Emotional difficulties can include sadness, anger outbursts, depression, and irritability. Physical pains can include pain in the lower back and the lower abdomen.

Acupuncture can help bring the body back into balance and eliminate or lessen physical and social pain associated with menstruation.

Acupuncture is a form of traditional Chinese medicine that is quickly gaining acceptance in Western culture for its proven ability to treat emotional and physical problems without the side effects associated with other forms of medication.

Mystic Mojo: Does Gem Therapy Really Work?

Gem therapy is defined as wearing of precious and semiprecious stones for healing the body and emotional well-being. The belief is that all gemstones carry certain vibrations and when placed within a person's aura, it can change the mental and physical outlook of the wearer. It is believed that the human aura consists of nine colors, violet, indigo, blue, green, yellow, orange, red, infra-red and ultra violet. An excess or deficiency of any of these colors leads to illness and emotional distress.

The idea of gem therapy is not new. The practice of healing with stones has been around for centuries dating back to the Ancient Greek and Egyptians. The Vedas in India used gemstones widely. They believed that certain imbalances could be corrected by wearing gems against the skin. Gems were also ground and were used in oral medicines. Even royalty wore certain gems on their crowns and in jewelry in hopes of having better health. Gems were thought to influence not only the body, but also nature and it was possible to increase wealth, power and popularity if worn.

Today, those who believe gem therapy works believe that the stones transmit certain wavelengths to the body. The wavelengths convert aura rays into a chemical form that the body can use to improve health. There are many critics of gem therapy. Does gem therapy really work?

Critics of gem therapy believe that the healing or sense of well being the wearer may feel when wearing a gem is more about the power of suggestion or attitude, rather than actual healing. This is called the placebo affect, which is a felt improvement not from the treatment. Other critics argue that gem therapy has no basis at all. Critics say there are no scientific studies that show that gem therapy really helps the wearer, most of it is only wishful thinking instead.

Those who dismiss gem therapy also believe that even IF gem therapy proved beneficial, a small gem worn on a necklace or bracelet would not be sufficient enough to heal. Instead, the whole body would need to be covered in the gemstone to show any effect at all. Critics also say that crystals and other gemstones cannot possibly harness and direct energy at all, even though some does produce an electrical charge when compressed.

Not so, say those who believe in gem therapy. Those who practice in crystal therapy will point out that many people wearing certain gemstones report feeling better or have an improved sense of well-being. Crystals and gemstone do carry vibrations and channel good energy while warding off bad energy. In addition, those who maintain that gem therapy works believe that gems can help with self-expression, creativity, and meditation and improve the immune system.

They also believe that it is a much healthier and natural approach to healing than taking prescription medication.

If the idea of gemstone therapy is appealing, check into a book that can explain all about gems and how gem therapy supposedly works. It is recommended that beginners of gemstone therapy understand that different gems work differently from person to person. The simplest way to practice this form of therapy is to wear high quality gems of natural origin around the neck.

It is said that some gemstones work better when soaked in rubbing alcohol and stored for up to a week. Synthetic gems are not recommended because these gems have been heated and changed during processing and do not work as well as natural gems. Look into these commonly found gems for healing benefits.

Ruby is said to open the heart and helps the wearer overcome fear.

Sapphire is believed to provide mental clarity.

Amber helps with depression and emotional stress.

Diamonds can increase personal clarity.

Jade can create a sense of relaxation and help the wearer feel calm while reducing tension.

Coral can strengthen the wearer's emotions.

Black onyx helps change bad habits. It is believed that those wishing to lose weight or stop smoking wear a necklace of black onyx.

Emerald is used to improve both physical and emotional well being.

Aquamarine can help the wearer handle difficult situations.

Opal is believed to broaden the perspective of the wearer.

Rose Quartz can help give emotional balance and soothes the emotions.

The Attraction of Magnetic Therapy

Magnetic therapy has become an increasingly popular method of alternative treatments for common ailments and other afflictions. The most commonly treated ailments for which magnetic therapy is used for are arthritis, pain, inflammation, muscle tension, migraines, tumors, asthma, allergies, diabetes and many other joints or healing complaints.

Some researchers indicate that magnetic therapy really does work while other scientists believe otherwise. Although magnets have been used to treat medical ailments for thousands of years,

there is no scientific evidence to prove the effectiveness of magnetic therapy. However, there are numerous testimonials from people who will swear by the healing power of magnets. Could it be mind over matter, or do magnets actually have healing properties? It depends on who you ask. But whether it is mind over matter or not, what really matters, disproving scientific evidence or a positive personal experience?

Magnetic therapy has been found in ancient Chinese medical texts and even in some Hindu religious documents. The Egyptians, Romans and Greeks have also used magnetic therapy to treat a variety of ailments from arthritis to depression. In today's world millions of people are turning to magnetic therapy to treat a wide range of medical conditions, from your average person to many professional athletes.

The belief in the effectiveness of magnetic therapy is astronomical. Magnets are being sold in many forms, the most popular being the magnetic jewelry like bracelets sold through commercials, infomercials and now through the internet and can range from \$5 to \$800 in price. Magnetic jewelry may come in assorted sizes, shapes and styles containing an internal iron within the magnet that is assumed to arouse the production in the blood stream that controls the content of oxygen. It's also believed that a form of stabilization develops in the nervous system to ease pain or discomfort.

Many alternative practitioners believe that magnets really do have healing power and state that the latest research indicates that magnetic therapy really does work. Researchers at Baylor College of Medicine in Houston, Texas performed a controlled study by using real magnets and fake magnets on patients who suffered leg pain from post-polio syndrome.

In this study, 76% of the patients who were treated with the real magnet felt relief from the pain, whereas 18% of the patients treated with the fake magnet felt pain relief. Other researchers have shown that magnets have helped to relieve pain in patients suffering from Fibromyalgia. This study had patients sleep on magnetic mattresses and patients who slept on ordinary mattresses.

The patients who slept on the magnetic mattresses experienced an exceptional pain relief than those who slept on the ordinary mattresses. In Diabetic neuropathy, research concluded the effectiveness of using magnetic footpads to treat diabetes related complaints such as tingling; pain and numbness in the foot have also been successfully treated by using magnetic footpads. Nearly 80% of patients suffering from this diabetes related complaints claimed the use of magnets greatly relieved the pain, tingling and numbness.

When magnets are held against the skin, the capillary walls relax, in such a way as to increase the flow of blood to the painful area. Magnets are also used to prevent muscle spasms at the base of pain by intervening with muscle contractions and by interfering with electrochemical reactions within the nerve cells, to impede the ability to transmit messages of pain to the brain. There are many prescriptions and over the counter pain relieving drugs available, the attraction of magnetic therapy is that it has no risky side effects.

If you're just starting off, it may be best to begin with an earth metal neodymium-boron coin shaped magnet. These magnets work great and cost less than other magnets on the market. All magnetism is measured in gauss. The higher the magnetic gauss, the greater the pain relief is.

The ordinary refrigerator magnet is around ten gauss, making it too weak to effectively penetrate the skin and relieve anything other than a minor bruise. Medical magnets can range from 400 to just over 10,000 gauss.

The magnet is placed over the afflicted area and can be secured with adhesive bandages or tape. If the magnetic does not provide any relief over the next few days, try repositioning it. If the repositioning fails to work after three to four weeks, then you can safely assume that magnetic therapy is not going to work for you. You can try to switch to another magnet or one with a higher gauss, or you can consult with your doctor about other conventional methods.

Release Stress with Reiki - What is it and Does it Work?

Stress is an evil six letter word that can be so harmful to your health. Work can be stressful, traffic jams can be stressful, raising a family can be stressful, and sticking to a strict budget can be stressful. Stress causes headaches, muscle aches, irritability, insomnia and a broad range of other problems that you can live without.

Nobody wants it, but we do get it at some point in our lives. Now, we must learn how to either cope with stress or how to get rid of it. You can release your stress with Reiki (pronounced Ray Key). The combination of these two Japanese words means Universal Life Energy.

Reiki is an age old system of holistic healing that is used to alleviate pain and elevate relaxation and overall well-being to those stressed out individuals. Reiki refers to the life force or energy that is channeled through the palms a recipient during contact with the Reiki practitioner. Reiki is designed to help achieve balance and assist in healing through a natural healing system.

The Reiki practitioner will act as a conduit by which the Universal Life Energy can be channeled to a recipient, by using either a hands on or hands off technique. Reiki practitioners may also opt to treat themselves. The Reiki energy flows through the palms at various rates of speed and depending on a number of factors, such as the degree of the recipient's ailment, to the recipient's preparedness to accept a change, etc.

Reiki is not a faith or other religious healing, although it may sound like it is, and the effectiveness of Reiki is not based on religious doctrine acceptance. It is not required for the recipient to have a belief system in order for Reiki to work. Although Reiki has principles that encourage spiritual empowerment and growth and is very spiritual in nature, it does not conflict with anyone's beliefs.

It doesn't matter who you are, your gender, religion, intelligence, nationality, or what your financial status is, Reiki is a gift of vitality and energy that is offered to everyone. Reiki does not hurt, but it can give you the sensations of warmth and coolness, or a sensation of tingling, throbbing, numbness, itchiness or drowsiness.

A Reiki Master can perform a ritual attunement where Reiki symbols are used in energetic placement in sequential actions to the recipient's palms and crown. Each hand placement is given at least five minutes of devotion, to ensure that no body part is neglected and given

equal consideration. Reiki is an indefinite supply of energy that will never run out, no matter how much you use it.

Even if you are giving a Reiki treatment to a recipient, you are not losing any of your own energy; you are only giving your time and your assistance to aid the recipient. No mental involvement is ever needed with Reiki; the energy flow will automatically go to where it needs to go, without mental engagement. Although, if you choose to become mentally involved, this can open a linear pathway that clears a route to allow Reiki to move more smoothly and effectively to the part of the body that needs it most. The choice is up to you.

The practice of Reiki can greatly control life's daily stresses and even assist in pain management. Many practitioners highly regard Reiki for its gift of balance and the relaxing effects it has on them, physically, emotionally, mentally and spiritually. For those stressed, frantic, conflicted individuals, Reiki will introduce the Universal Life Energy into the body to relieve those complaints and in turn will help return balance to any mental or emotional turbulence that may contribute to the vexatious psyche.

There are also special energy treatments that Reiki Masters and practitioners use to heal long distance. These energizing treatments can be transmitted to people or towards specific environments. Reiki energy treatments can be sent ahead with a fixed intention of making an atmosphere more relaxing and calming, especially for events in people's lives such as social events, job interviews, family gatherings, etc. Reiki can be a very rewarding experience to all who practice it and can greatly reduce the stresses in our everyday lives.

Mind over Matter: Practicing the Art of Hakomi

What do you get when you combine Eastern traditions of non-violence and mindfulness with a highly effective and unique Western methodology? You get the wonderful art of Hakomi. When your body's habitual patterns and structures become a powerful portal to your unconscious core material, what do you have? You have the wonders of Hakomi.

This experimental somatic psychotherapy is used as a method to access the core material of an individual to travel safely from the unconscious to consciousness. Once conscious, the core material can be re-evaluated and if needed, it can be effectively transformed to integrate with new dimensions of awareness to help the individual establish a more effective and satisfying lifestyle. The process of Hakomi is to create a healing and loving relationship between the client and therapist. In order to facilitate the effectiveness of Hakomi therapy, a deep connection of safety must be established.

Hakomi therapy between the client and therapist involves a system of body centered psychotherapy that is based on the principles of nonviolence, along with unity of mind and body, developed by Ron Kurtz and associates at the Hakomi Institute in Boulder, Colorado.

Hakomi therapy is primarily based on only a few assumptions. We organize our life experiences by applying meaning to them during every stage of our life, from infancy through childhood and on into adulthood. These experiences have meanings to us and to the world. The organizational

decisions we make can begin to operate as an unconscious core of beliefs about the world we live in and our place in the world. They can even regulate how we feel, what we think, how we create, respond, develop and act.

The core beliefs can limit our abilities to function naturally and can affect the way we live through character analytical and systematic habits that we had originally made to refrain from feeling a lack of approval, safety, attention and affection. The sole purpose of Hakomi therapy is to become a spontaneous, caring, open hearted, and purely alive human being and able to be an independent soul with the world.

Hakomi therapy emphasizes human interaction with a number of principles, mainly through healing interaction or therapeutic. Some of these principles include nonviolence, mindfulness, and unity of body and mind. These principles are very important to Hakomi therapy.

Nonviolence is accepting with a kind of compassion that your self defense mechanisms originate out of the desire to avoid physical, mental, and emotional pain. By moving slowly, without judgment, and by supporting defenses, you can make space in yourself for a natural enfoldment of a very powerful and personal healing process.

Mindfulness is looking inward and becoming aware of the sensations and feelings you have and the feeling of confidence in the moments you have as a living example of how you organize your body and mind. By meditatively tending to your current physical and mental experience, you can illuminate the unconscious processes in yourself with a new awareness. This new awareness can access and change your deep unconscious beliefs that drive you.

Unity of body and mind pertains to our painful experiences as being somatic, or integrated into our bodies in the forms of energy limitations, muscular tensions, and confined movements. The process of physically arming yourself will also serve as an anchor for the core beliefs that regulate your behavior, feelings and thoughts. Special techniques may be used by Hakomi therapists to gain access to the unconscious information in order to help their clients to procession of improved self understanding.

All Hakomi techniques are extremely effective tools for allowing relief in all feeling and bodily tensions, from unconscious beliefs to the attitudes that drive your behavior or restrict your responses. The human body is literally incarcerated in the armor of unconscious defenses. Hakomi therapists teach their clients powerful lessons so the client can find an enjoyable way to recognize their body and mind and to be able to live a life less armored and become more comfortable, spontaneous and more effective in their actions and interactions.

Hakomi is a great art to learn for any individual, whether you are looking to find yourself or improve yourself. Hakomi offers nothing but the best treatment for your physical, emotional and spiritual well being.

Of Sound Mind and Body: Does Music Therapy Work?

Music therapy is a special type of therapy that involves using music to assist in overcoming emotional, physical, social, and cognitive problems in people of all ages. Music therapy can be used to help manage stress, to promote overall wellness, to help in the expression of feelings, to reduce or eliminate pain, to improve memory, to promote rehabilitation from physical problems or disorders, and to better communication.

Music therapy is done through a music therapist. A music therapist first makes an assessment of the client's overall emotional and physical well-being. The music therapist also takes a look at the client's level of social functioning, cognitive skills, and communication abilities. After making these assessments, the musical therapist designs individual music sessions for the client. Sessions can, however, also include group music therapy. Music therapy options include listening to music, writing songs, discussing lyrics, performing music, and learning through music.

In integrated approach to music therapy has been shown to help children and adults of all ages. Music therapy helps those with developmental disabilities and learning disabilities overcome their learning obstacles. It also helps individuals with Alzheimer's disease and other age-related conditions regain their memory. In addition, those who have coped with drug abuse or who have suffered from brain injuries can benefit from music therapy. People dealing with chronic or acute pain, including mothers giving birth, can also use music therapy to alleviate pain.

Music therapy is also sometimes used by hospitals to improve the mood of their patients or to counteract depression. They also use music to help encourage patients to move during physical therapy, or to calm patients that need to be sedated or who need to rest. Music therapy is also used in hospitals to decrease muscle tension and to help patients relax.

Schools even use music therapy to help children be more successful. For special education students, music therapy is sometimes included in the student's Individualized Education Plan, or IEP. Music therapy is sometimes used to help these children improve their communication skills or to strengthen their physical coordination, which helps them be more successful in general education classes.

The American Music Therapy Association (AMTA) has conducted a great deal of research into the effectiveness of music therapy. Their research has consistently shown the positive effects of music therapy.

In fact, the concept of music therapy has its roots in ancient times, but really gained attention after World War I and World War II. At these times, community musicians visited Veterans hospitals and played for veterans who were suffering from physical and emotional trauma brought on by the wars. The patients at these hospitals showed notable improvement from the music. As a result, the doctors and nurses requested that musicians be hired to come to the hospitals.

Over time, it was determined that musicians assisting in hospitals needed specialized training. In 1944, Michigan State University began offering a music therapy degree program. It was the first of its kind in the world. The AMTA was later founded in 1988.

The positive effects of music therapy have been so well recognized that many insurance companies cover it as a form of medical treatment. Medicare and Medicaid cover it, as well, so long as it is prescribed by a physician and the patient shows improvement from the music therapy.

Many people mistakenly believe that clients of music therapy need to have musical abilities in order to benefit from music therapy. This is not true. Also, some believe that only one type of music can be beneficial for use in music therapy. This is also untrue. In fact, all types of music can be helpful in helping a client.

The type of music used depends on the client's preferences, as well as on the individual circumstances and the purpose of treatment. Also, the client's overall goals from the therapy help determine the type of music to be used in the music therapy.

People who are already emotionally and physically healthy can use music therapy to aid in stress reduction. Drumming and listening to music can help facilitate relaxation. In addition, music can be used to help stimulate physical exercise, as many people are capable of working out longer and harder when the workout routine is accompanied by music.

Music therapy is a proven form of treatment for helping people of all ages and genders.

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