

DEFINITIONS OF COMPLEMENTARY THERAPIES

Note: This is not an exhaustive list of the many modalities of health care and health promotion that are available to the public. The definitions listed are general and not intended to cover every aspect of each specific healing therapy.

ACUPRESSURE Similar to acupuncture, except acupressure uses finger pressure rather than needles to stimulate acupuncture points. Acupressure is advertised as a non-invasive, safe and effective way to balance the body.

ACUPUNCTURE Uses the insertion of fine needles into the acupuncture points, as well as *moxibustion*, the burning of herbs that are placed on the needles. *Auriculotherapy* is similar to acupuncture, but the body organs are represented in meridians on different parts of the ear.

ALEXANDER TECHNIQUE Teaches conscious awareness and control of the alignment of the head, neck, and back to facilitate proper use of the body to promote health and well-being and reduce stress and pain.

AROMATHERAPY Uses highly fragrant, essential oils extracted from varying botanical sources to invigorate or relax the body. The oils are inhaled, applied locally, or taken internally with caution as directed by an experienced practitioner.

ART THERAPY A form of nonverbal communication using simple art materials that individuals can use to express conscious and unconscious thoughts, feelings and fantasies.

ASTROLOGY The study of the positions and aspects of celestial bodies in the belief that they have an influence on the course of natural earthly occurrences and human affairs.

AYURVEDA The oldest scientific system of natural medicine using herbs, diet and the identification of specific body constitutions, in the prevention and treatment of disease, and the promotion of longevity.

BACH FLOWER REMEDIES A natural and gentle system of treatment using plants and trees to alleviate negative moods that induce imbalance and disharmony which threaten health. For each specific mood there is a corresponding flower.

BIOFEEDBACK A technique that uses machines to show individuals how their mental state influences bodily functions and how they can learn to control certain functions such as heart rate, skin temperature and blood pressure as a result.

BODYWORK & ESSENTIAL MOVEMENT The term “bodywork” refers to a variety of manipulative healing techniques that aim to enhance health and well being. Pressure point therapies, postural disciplines, and forms of massage all play an integral role in maintaining balanced body posture and movement.

CHELATION THERAPY A therapy involving an intravenous solution-usually a synthetic amino acid called ethylenediaminetetraacetic acid (EDTA)-along with various vitamins and minerals. The EDTA seeks out toxic metals within the body, such as lead, cadmium, aluminum and mercury.

CHIROPRACTIC A practice believing that illness is the result of vertebrae impinging on the spinal nerves and diminishing their normal functions, thus a spine free of misalignments is essential for optimum health. Treatment involves manipulation of and adjustments to the spine to restore its normal position.

COLONICS A gentle cleansing of the large intestine using purified and possibly ozonated water and sterilized equipment, to help relieve excessive gas, constipation and diarrhea.

Comment [CD1]:

CRANIOSACRAL THERAPY An approach to diagnosis and treatment of the craniosacral system, normalizing cerebral spinal circulation and benefiting the brain and nervous system. This gentle, non-invasive therapy assists the body to relax and begin healing.

DOULA A woman experienced in childbirth who provides continuous physical, emotional and informational support to the mother before, during and just after childbirth.

EAR CONING Simple yet effective means of removing excess ear wax also known as *ear candling*.

FASTING The body’s natural process of eliminating or neutralizing toxins via the liver, the kidneys, the urine, the feces, exhalation and perspiration. There are many techniques involved in fasting (detoxifying) but a true fast includes drinking only water for a set amount of days.

FELDENKRAIS METHOD These gentle movements improve posture, breathing, flexibility and coordination, while reducing pain and stress.

FENG SHUI This is the Chinese art of creating home and office environments which support health, harmony and specific goals and aspirations. Evolved by incorporating cross-cultural geomancy, it is a means of addressing electromagnetic stress, geopathic cancer zones and other concerns that are revealed during site visits. Aligns the subtle energies to improve health and magnify potential.

HEALING TOUCH/THERAPEUTIC TOUCH The concept of using subtle energy to help the body self-heal. When mental, emotional, or physical distress is present an individual's energy becomes disrupted and unbalanced. Our bodies have various dimensions of energy and in a healthy state the body has the natural and inherent ability to maintain balance, while in disease the body has lost the ability to balance and heal itself.

HELLERWORK & STRUCTURAL INTEGRATION Deep tissue release results in an expanded, lighter, more alive state of mind, body and spirit. Movement awareness supports postural changes.

HERBOLOGY An ancient practice that uses herbs to cleanse and strengthen the whole body system. Unlike modern pharmaceuticals which often work on only one body system, herbs work synergistically with the body's life-force and support its natural desire for health.

HOLISTIC HEALING A concept that recognizes that humans are made up of many different elements and systems and that a weakness (or illness) in one can affect all others systems.

HOMEOPATHY A treatment which recognizes the body's natural power to heal itself. Natural medicinal substances are taken in extremely small amounts to stimulate the body's innate healing response.

HYDROTHERAPY A gentle cleansing using purified and possibly ozonated water and sterilized equipment to treat disease.

HYPNOTHERAPY A tool to access the resources of the unconscious mind. Hypnosis can assist the individual to create healthy change through increased awareness and to promote self-healing and empowerment.

IRIDOLOGY The study of the iris of the eye associated with disease. The markings in the iris indicate the condition of various systems and organs. A variety of herbs, vitamins and minerals are used to treat imbalances and disease.

JIN SHIN DO Facilitating the body's innate healing abilities and reserve energy, this therapy uses finger pressure on acu-points to reduce physical and emotional stress and tension.

KINESIOLOGY The study of muscles; the mechanics of human motion. Muscle-testing procedures are used to check for structural and nutritional deficiencies and allergies. Organ dysfunctions are accompanied by weaknesses in specific muscles.

MAGNETIC HEALING A therapy based on the premise that certain magnetic forces have curative properties. The treatment involves wearing copper bracelets and other magnets.

MASSAGE THERAPY Massage therapy acts directly on the muscular, nervous and circulatory systems to rehabilitate physical injuries, decrease stress and improve health.

MEDITATION A conscious process by which we shift our awareness from the outer to the inner mind. This inner quality of knowing is accessed by quieting the analytical or outward directed mind. States of deep rest are achieved in meditation benefiting the physical body through relieving stress, lowering blood pressure and improving circulation.

METABOLIC THERAPY A treatment which sees chronic illness as the result of the body's inability to protect itself from external contaminants. Treatment is designed to detoxify the body and improve the immune system. It includes megadoses of vitamins, coffee enemas and a low protein diet.

MIDWIFERY Sees every birth as a unique and precious moment in the life of a woman and her family. Women working with women to advise, assist, care and supervise women prior to and during pregnancy, labour and the post-partum period.

MUSIC THERAPY A therapy based on the premise that music stimulates substances in the brain to produce pleasurable feelings, induce relaxation and reduce fear and anxiety. The instruments used can be played and enjoyed by anyone. A good vehicle for self-expression, pain management and social interaction.

NATUROPATHY Based on natural principles of health taking into account differences in individual lifestyles to detect and eliminate the underlying causes of illness rather than merely suppressing the symptoms.

NUMEROLOGY The study of the occult meanings and influence on human life of numbers.

ONE BRAIN Uses neuroscience, Oriental medicine, modern psychology and applied kinesiology to facilitate gentle release of emotional stress.

PAST LIFE REGRESSION A form of hypnosis for remembering past lifetimes. Through deep relaxation and guided imagery, clients are guided into memories of other lifetimes.

PILATES A fitness regimen that combines stretching and strengthening routines designed to work the entire body efficiently, in natural and fluid dance-like movements.

POLARITY THERAPY Based on the belief that a person's health is determined by the flow of energy between the head and the feet. This therapy includes a vegetarian diet and special manipulations and stretching exercises designed to balance the energy in the body.

PSYCHOLOGY The study of the emotional and behavioral characteristics of an individual, a group or an activity.

PSYCHOSYNTHESIS Healing through imagination, similar to guided imagery, but more focused on problematic areas, solving or dissolving the problem through guided daydreaming in deep relaxation.

QI GONG "Skillful management of energy" working with the three human energetic levels: physical, breathing, emotional, mental, spiritual.

REBALANCING A deep and relaxing massage to cleanse you of stress and tension.

REBIRTHING Reclaim natural birthright to ecstasy by healing and letting go of emotional stories by breathing fully and freely awakening your conscious self.

REFLEXOLOGY Uses various techniques to stimulate the reflex areas in the feet and hands, which correspond to all the glands, organs and parts of the body. Thumb and finger pressure on these reflex areas relieves stress, tension and improves blood supply.

REIKI A gentle yet powerful healing technique that radiates through the hands to balance the physical, emotional, mental and spiritual bodies; channeling properly to promote healing by relieving energy blockages.

ROLFING A therapy which involves a deep connective tissue massage aimed at aligning the body and improving posture, helping to overcome injury, emotional trauma, chronic pain or poor movement habits.

ROSEN METHOD A form of bodywork distinguished by its gentle, direct touch. Using hands that listen rather than manipulate to release chronic muscle tension.

SHAMANISM Mediation between the visible and invisible spirit worlds. A practice of divination, magic and sorcery for healing and control over natural events.

SHIATSU A form of Japanese physical therapy using thumb, palm, or elbow pressure on the acupuncture points which work to reduce muscle tension, improve organ function and restore the body's inherent healing abilities.

SOUL WORK Encourages the realization that one's soul can uplift all dysfunction into a perfected state.

STONE THERAPY The use of hot or cold stones blended with Swedish massage strokes. Placement of stones on chakras facilitates a focus on body, mind, soul connection through mother nature.

TANTRA/SEXUALITY Breathing and feeling your body alive.

TAROT Intuitive guidance and predictions.

TRADITIONAL CHINESE MEDICINE Encompassing many different forms of ancient treatments such as acupressure, acupuncture and herbology.

TRAGER Uses gentle, non-intrusive movements to release deepseated physical and mental patterns.

YOGA A practice which has the power to connect the body, mind and spirit together to create balance, focus and awareness. Gentle and graceful movements that encourage the body to relax and release tension. Beneficial to the body's natural systems.