

Alternative Health Choices for Mental, Physical and Spiritual Growth

by Marcia Carnicelli Minor

Introduction

Our love for educating and informing the public about Preventative/Holistic Health and Personal Growth has brought us to the Touch for Health Association of America's conference to be able to share with you ways in which you can again take charge of your health mentally, physically and spiritually. We are also excited about sharing our Resource guide to Preventative/Holistic Health & Personal Growth; *the Healthy Referral*. If you are someone interested in different modalities that are available to assist you in your journey of complete well-being then the *Healthy Referral* will be a great tool.

Touch

We are already aware of how important touch is in our lives. Some modalities that include touch are Reflexology, Massage, Reiki, Shiatsu, Rolfing and Touch for Health. Movement for health is another modality, which includes the Alexander Technique, dance, Yoga, Tai Chi and QiGong, among others. Then there is the Maharishi Ayur-Veda, a complete system of natural medicine along with "Let Food be thy Medicine and thy Medicine Food" in the form of Macrobiotics and of Vegetarianism. What about N.E.T.? Sound like something from another planet? Have you ever considered Geopathic Stress? Could it be affecting the health of people? Parenting in the 21st Century requires a dramatic change. Are we ready? Do you dream? Do you remember your dreams? Most of all what do our dreams mean - if anything? Are you interested in balancing energies and improving energies practiced in the home? Do you have an interest to reverse damage and eliminate any vascular or degenerative diseases you may be dealing with? Does it really matter what we put in our mouths? And what about Organic foods versus foods that are sprayed with insecticides and chemicals? Does this make much of a difference?

Reflexology was one of the first modalities mentioned and helps to balance the body by stimulating and then releasing all of the organs, glands and systems using areas on the feet and hands. By working both feet fully, using thumb and fingers, the whole body is affected for healing on the physical, personal and spiritual levels.

Massage Therapy is another wonderful modality and is done in a number of ways. For example: (1) Reiki, the Usui System of natural healing, balances the body with universal life energy which flows through the hands and; (2) Shiatsu is a healing therapy that strives to prevent illness by calling forth self-curative powers to develop the body's ability to resist illness following the way of nature. Shiatsu has been referred to as the Mother's Touch (an attitude of caring). Traditional Shiatsu has been practiced in Japan since the 6th Century as a valuable medical aid.

Touch as the basis of healing is as old as the healing aids themselves. Other animals instinctively touch their wounds - lick them, nuzzle them, pat them - and humans are no different. It takes no training at all for a person to put her/his hands on a pain or place of physical discomfort, it is a wholly natural response of the body to the body. The primary use of our arms in everyday life is to accommodate our need to touch. Humans learn first and foremost through the body rather than through the mind as the fastest, most natural communication takes place through touch. Remember - to reach Out and Touch Someone!! Movement is a principal body function, integrally involved in the expression of everything we do and everything we are. If some people seem to move too little, so that their very ability to move atrophies, other people seem to move too much, as if they cannot contain themselves. There is no hard and fast rule that stipulates what constitutes too much or too little movement. We admire a skilled dancer, skier or skater not only for their

strength and grace, but especially for the fluidity of their movement. Perhaps this is because we have forgotten and she/he reminds us that we are fluid too.

Are you stuck? Do you find yourself caught in a repeating pattern of behavior that you've been unable to change? Are relationships always turning out the same way and you wish they would turn out well for a change? Do you find yourself unable to move beyond some past trauma and live in the joy of the present? If the answer is yes to any of these questions, you may benefit from Neuro-Emotional Techniques (N.E.T.), a quick, painless method for releasing the physiological aspect of emotions. N.E.T. is based on the ancient oriental idea that various emotions are connected with specific internal organs. N.E.T. uses muscle response to determine which organs and which emotions are involved. Then the muscle testing is used to isolate the specific incident that is involved. A simple painless, non-invasive procedure is then performed and muscle testing is repeated to make sure the correction is complete. Typical patient responses range from mild feelings or relief to elation.

Your health and Geopathic Stress.
You could be living in a very unhealthy home.

Subterranean running water, mineral deposits, fault lines or underground cavities, cause disturbances in the earth's natural radiations because of electro-magnetic fields. Detecting and locating zones that cause Geopathic Stress are the first steps. With the use of copper rods, and a technique called earth acupuncture, an unhealthy house can be neutralized. Earth acupuncture is a way of modifying the subtle energy environment of home and or the workplace so that an individual's natural balance can be re-established.

Conclusion

The above information is for everyone who wants to enjoy health and longevity. For everyone who wants to grow toward freedom from disease. Again - we thank Touch for Health for the opportunity to share ideas on Alternative Health Choices for Mental Physical and Spiritual well-being

For more information, contact Marcia Carnicelli Minor, V.P. Professional Fitness Services and Host of "Mind Your Body" radio show at P.O. Box 271, Chagrin Falls, Ohio 44022. Telephone: (216) 247-1169.