

Holistic Treatments & You

Some times, when we are sick, or have health problems and doctors are unable to help us, we wonder "How did the ancient people heal themselves?" It was through Holistic Medicine. You've probably heard this term before. It refers to ancient methods of healing used centuries ago to treat sicknesses as well as newer methods which are not part of traditional medicine and don't use any drugs.

One form of holistic medicine is **REFLEXOLOGY**. Also known as zone therapy, reflexology involves putting pressure on and massaging the reflex zones and points which are found on our hands and feet. Each point relates to a part of our body or internal organs. This therapy has been in use since 2300-2500 years BC with the first signs of reflexology being found in Egyptian pyramids!

These days reflexology is used as a healing treatment for people who are allergic to drugs or who prefer non-drug medicine. It's also used as a diagnostic therapy or just for relaxation. Reflexology techniques stimulate the inner energy of the body to circulate properly and heal itself, to release toxins and induce overall well being. Reflexology is also used as a preventive measure. This is becoming more and more important in these days of stress, chemical additives in our food and water, pollution and so on.

Another form of holistic medicine is **HONEY THERAPY**. Centuries ago in countries such as Greece, China, Egypt and Native America honey was used as a medicine as well as a food. An antioxidant and a natural antibiotic, honey provides a healthy alternative to sugar (especially granulated sugar) but - it is also a great beauty product! And.....(a small secret) one dose of 125 grams of honey given to a drunk man, in two parts, the second half administered thirty minutes after the first half, will sober him up.

At Eclipse we use one of the many actions of the honey... detoxification of the body. Honey is applied directly on the skin with massage-like movements. This effective treatment "sucks" toxins from the body through the skin. It is a useful treatment for almost all of us since we all have toxins in our bodies. However, this treatment is of course not recommended if you are allergic to honey or bees. For a little variation, indulge in our Honey Hot Stone Massage or Reflexology with Honey Treatment. Further variations include anti-cellulite treatments and as a supporting treatment to aid in recovery from an illness.

But, as the ancients knew healthy living involves more than a few natural remedies - it is way of life. Eclipse now offers life style programs which are custom designed for each person. If its weight loss, toning or to developing a healthy lifestyle, we are here to help.

To find out more call us at **945-1188**. We are here for you.