

The Many Ways to Align Your Energy - Keeping Balance **– Debbie Shkuratoff - Reiki Wellness - 250 743-8122**

Total wellbeing involves balancing your mind, body and spirit. This will boost your mood, help your body heal itself as well as have a dramatic effect on the way you live, the way you experience life – and each affects the other. This balancing of one's Physical, Emotional, Mental and Spiritual energy can provide peace and happiness to all aspects of our lives. Just taking a few minutes throughout the day to unify ourselves through key elements is all it takes.

Reiki & Energy Work www.reikiwellness.ca

Energy work is a non-invasive technique that uses the laying on of hands as well as techniques performed in the energy aura or field, surrounding the body. Energy, which is the vital Life Force essence, is moved through the energy system of a practitioner to facilitate the flow through the energy system of another person. The practitioner then acts as a connection or channel for the energy so that the recipient has the opportunity to access a healing frequency which can assist their harmonious balance, and facilitate healing in body/mind/spirit. Energy Work increases the flow of the Universal Life Force by balancing your internal and external energy systems, using the techniques of Reiki, Healing Touch, & Chakra Balancing to promote harmony in body, mind & spirit.

Acupuncture - Sara Tillie

Acupuncture is a method of encouraging the body to promote natural healing and to improve functioning. This is done by inserting needles and applying heat or electrical stimulation at very precise acupuncture points. Channels of energy run in regular patterns through the body and over its surface. These energy channels, called meridians, are like rivers flowing through the body to irrigate and nourish the tissues. An obstruction in the movement of these energy rivers is like a dam that backs up the flow in one part of the body and restricts it in others. The meridians can be influenced by needling the acupuncture points; the acupuncture needles unblock the obstructions at the dams, and re-establish the regular flow through the meridians. Acupuncture treatments can therefore help the body's internal organs to correct imbalances in their digestion, absorption, and energy through the meridians. The improved energy and biochemical balance produced by acupuncture results in stimulating the body's natural healing abilities, and in promoting physical and emotional well-being.

The World Health Organization recognizes the use of acupuncture in the treatment of a wide range of problems, including: Muscular and neurological disorders: headaches, facial tics, neck pain, rib neuritis, frozen shoulder, tennis elbow, various forms of tendonitis, low back pain, sciatica, osteoarthritis. Digestive disorders: gastritis, and hyper-acidity, spastic colon, constipation, diarrhea. Respiratory disorders: Sinusitis, sore throat, bronchitis, asthma, recurrent chest infections. Urinary, menstrual, and reproductive problems. Acupuncture is particularly useful in resolving physical problems related to tension and stress and emotional conditions. The number of treatments needed differs from person to person.

Reflexology - Helga Feichtinger www.naturalhealingreflexology.com

Reflexology is a simple, effective and natural therapy which focuses on the feet. Every part of the body has a reflex point on the feet. The right foot represents the right side of the body and the left foot, the left side. The feet have many nerve endings and it is felt that this is why reflexology works. The nerves are stimulated at the reflex points with specific thumb and finger techniques. The nerve relays this stimulus through the nervous system up the spinal column to the corresponding affected area of the body. Reflexology has proven itself to be effective, safe for everyone, and very relaxing. A Reflexology treatment reaches the receiver on several levels - physically, mentally and spiritually. It can only be of benefit, by bringing the body into a state of balance and harmony.

Proper Nutrition, Exercise & Meditation www.Natural-Healthy-Alternatives.com

Good nutrition means receiving enough calories and choosing foods with vitamins, minerals, proteins, carbohydrates and healthy fats. It also means limiting your intake of added sugars, sodium, cholesterol and unhealthy fats. Nutrients nourish your body and play roles in all bodily processes. Nutrients impact healthy nerves and cells, increase immunity and promote healthy bones, among many other functions. You can support your vitality by eating a variety of healthy foods such as whole grains, fruits, vegetables, nuts, fish and lean meats. Exercise enables you to build strength and maintain good health.

It is important for increasing energy and metabolism, building endurance, strengthening bones, improving flexibility and controlling your weight. Exercise and physical activity can also improve your mood and relieve stress by increasing self-confidence and boosting the feel good hormones called endorphins.

Throughout the day, when we experience stress, our bodies automatically react in ways that prepare us to fight or run. A prolonged state of such agitation can cause physical damage to every part of the body. Relaxation techniques such as Yoga and Meditation affect the body in exactly the opposite ways that stress does, restoring the body to a calm state, helping the body to repair itself, and preventing new damage due to the physical effects of stress.

Detoxing www.reiki-wellness.ca

Detox is a naturally occurring physiological process wherein the body rids itself of toxins. These toxins typically include air and water pollutants and processed food chemicals. The body first eliminates these toxins through the gut; whatever the gut can't catch gets into the bloodstream and passes through the liver, which flushes them out. Sometimes, toxins don't leave our body - they hang around in our lymph and digestive systems. Detoxing provides the body with the ability to become better at both absorbing nutrients and, at the same time, dumping waste. A proper detox lasts about a week and involves eating a nutritious, well-balanced diet that's high in essential vitamins, minerals, fibre, and antioxidants, drinking plenty of water and clear fruit juices, getting enough rest, and incorporating moderate exercise into your routine.

Amethyst Crystal Bio-Mat

By combining state of the art Far-Infrared & Negative Ion Technology, and further enhancing it with Amethyst crystals, the Bio-Mat energizes the body for optimal health. While resting on the Bio-Mat, you will also enjoy the Amethyst and Tourmaline Pillow which will keep your head cool, while your body temperature increases, and the healing properties of the Amethyst crystals work on calming and relaxing your mind.

Infrared Massage Capsule with Jade Roller

The 'Jade Roller' combines massage, acupuncture, and sauna all in one! In this 180-degree ergonomically designed capsule your whole body will be surrounded by far-infrared rays that stimulate oriental acupuncture points, while jade rollers move slowly up and down massaging the neck, back and leg meridians. It stimulates the lymphatic system, washing away aches & pains and improving blood circulation.

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