

Alternative Healing Therapies

Energetic

Reiki / Energy Work

What it is: Reiki is an energy clearing and balancing modality that can be done in person or through distance. Reiki generally means "spiritually guided life force energy," but has no religious ties and does not require any particular beliefs of the therapist or patient.

How it helps: Reiki is a very simple therapy to receive and requires essentially no effort on the part of the recipient. Reiki looks to unify a person's energy fields to support the body, mind and spirit. Therapists may work with their hands on a patient or hold their hands just above

the body. They may also offer distance healing sessions. Through the shifting of energy, Reiki can reduce depression, anxiety, and overall stress, as it provides deep relaxation and grounding benefits. It is also often used for cancer patients to reduce pain and heal.

EFT / Tapping

What it is: Emotional Freedom Technique (EFT) or Tapping works to clear beliefs, patterns or trauma by activating energy meridians in the body through tapping "points" on the chest, head, face and hands.

How it helps: EFT has similarities with CST, EMDR and acupuncture in that it is another way to help individuals identify and clear emotional blockages by activating points in the body. EFT is similar to CST in that it does not require participants to relive past trauma in order to clear stored blockages. EFT helps to provide perspective on beliefs or events and re-frame

them in a different light to allow the brain to let go of thoughts, emotions or behaviors. EFT is often used for anxiety, depression, stress, PTSD, pain and insomnia. While participants may benefit from using a coach, EFT is a tool that can be easily learned and done on your own as well.

CranialSacral Therapy (CST)

What it is: CranioSacral Therapy (CST) is a gentle, hands-on approach that releases tension patterns in the body to support whole-body health, using the cranial sacral rhythm that flows from the base of the cranium (skull), down to the tailbone, via the spinal column.

How it helps: Using a light touch that bypasses the autonomic nervous system, a CST therapist can work with your body's own systems to clear physical and emotional blockages to bring the body back into balance and helps patients to honor and understand what the body has to say, as opposed to relying solely on the mind. CST can be particularly effective at

healing chronic headaches, neurological issues, concussions, trauma, PTSD, pain, autism and early childhood challenges. CST can be used on its own or in tandem with other therapies so that new cognitive shifts can be integrated into the body and spirit, allowing all parts to work harmoniously.

EMDR

What it is: EMDR (Eye Movement Desensitization and Reprocessing) is a psychotherapy that enables people to heal from trauma and emotional distress - often at a much faster rate than traditional talk-therapy.

How it helps: EMDR uses a combination of lateral eye movement exercises similar to those found in REM sleep, visualizations, examinations of past events and associated emotions & feelings to clear and heal psychological wounds.

EMDR is especially helpful for PTSD and traumatic events and works to re-frame past events so that the brain moves out of fight, flight or freeze.

Acupuncture

What it is: Manual insertions of tiny needles into the skin at specific points on the body to influence certain physiological functions.

How it helps: The body has Yin and Yang energy meridians that are connected to all the organs in the body. Acupuncture helps to restore life force, blood and other elements to organs and

clear energetic channels in the body so that all parts can flow in harmony.

Acupuncture can be beneficial for a whole host of issues including allergies, circulatory, gastrointestinal, immune, gynecological, emotional, neurological and musculoskeletal.

Specialties

Allergy Elimination (NAET), Acupressure, Cupping, Chinese Medicine/Herbs

Chiropractic

What it is: Manual adjustments of bones, primarily in the neck & back. Can also include adjustments of smaller bones such as ribs, knees, ankles, wrists, etc. and may include some manual releasing of soft tissue to help the body hold in strong alignment.

How it helps: Having good alignment in the physical body helps all parts of the

physical and energetic body to flow more freely. Misalignments in the body are often caused by a combination of nutritional or hormonal imbalances, unprocessed emotions and muscles that need to be strengthened. The more the body is supported through nutrition and hormonal balancing, healthy thought patterns, and exercise, the more effective a chiropractic adjustment will be.

Specialties

Kinesiology, Acupuncture, Neurological, Internal Medicine, Nutrition, Neuromusculoskeletal, Sports & Rehab, Pediatric

Physical

NOTE: For those living with TMS or other stress-induced condition, these therapies will be most helpful when you integrate the emotions and beliefs associated with mind-body illness with these therapies. There is no substitute for owning your own inner emotional healing. "Doing the work" is always necessary for transformational healing