

Glossary of Holistic Health Terms

Active Isolated Stretching: A specific protocol for stretching the muscles in a contiguous order with short duration and multiple repetitions to inhibit the stretch reflex mechanism.

Acutonics: An energy-based healing system and noninvasive treatment similar to acupuncture. Precision-calibrated tuning forks are applied to specific acupuncture and acupressure points to bring into harmony the body's Meridian and Chakra energy systems. These tuning forks represent a natural harmonic series based on the orbital properties of the Earth, Moon, Sun and planets. Their rich resonance and vibration aligns, harmonizes, and restores the body's natural, healthy frequencies.

Acupuncture stimulates, disperses, or regulates the flow of the vital energy, or ch'i, to help bring about a balance of energy. Specific points along energy channels—the body's vital pathways—relate to specific organs and systems of the body. The practitioner manipulates these points with fine needles or the use of heat, cold, pressure, or minute electrical currents.

Applied Kinesiology: One's structural, chemical, and mental conditions are evaluated through the use of muscle testing (resistance to the practitioner's pressure on an arm or leg) and nerve reflexes in the body. It can be used to determine whether an imbalance is nutritional, structural, or psychological in nature and then to determine the appropriate treatment.

Aromatherapy: Essential oils distilled from flowers, leaves, stems, roots or fruits are used to therapeutically address physiological and psychological issues such as anxiety, depression and muscular tension. Oils are inhaled from vaporizers, massaged into the skin, or placed in baths.

Ashiatsu Oriental Bar Therapy: *Ashi* (foot) *atsu* (pressure) is also known as Barefoot Shiatsu, an ancient form of bodywork originated by Buddhist monks, first from China and then from Thailand and Japan. Very deep, soothing strokes are applied to all muscles of the back using hands and foot pressure to milk the muscles, open chakras, release toxins, induce deep relaxation, relieve tight inflammation, and stimulate the body's own self-healing capabilities.

Auriculotherapy: A Chinese Medicine treatment using auricular (ear) points.

Autonomic Response Testing: A method of determining energy system balance by observing responses of the autonomic nervous system developed by Dietrich Klinghardt, MD.

Ayurveda originated within the Vedic tradition of India, the oldest tradition of recorded knowledge in human history. The Sanskrit word means "the knowledge of life or daily living." It affirms that humans are an integral part of the universe. Ayurveda is a system that emphasizes health rather than focusing on disease to restore balance in mind, body, and emotions by re-awakening one's biological intelligence.

Bach Flowers consist of 38 essences to remedy specific emotional and mental states, turning negative states into positive ones; 37 are based on single wild flowers and tree blossoms and the last one is made from natural springs with healing properties in the British Isles. Developed in the early 1900s by Dr. Edwin Bach, a British physician and homeopath. They are widely used today by individuals and practitioners for both people and animals.

Body Composition Analysis: Determining the body's percentage of lean body mass, fat, and water.

Body and Mind Balancing: This modality seeks to integrate the physical, intellectual, spiritual, and emotional bodies using various holistic methods ranging from nutrition to physical movements to personal paradigm shifts.

Body-Mind Centering®: The transformative work of Bonnie Bainbridge Cohen, OT, is an experiential approach to anatomy, physiology and developmental movement. Uses movement, touch, voice and mind to explore how the mind is expressed through the body and vice versa with relevance for dancer, yoga, bodywork, physical and occupational therapy, psychotherapy, child development, education, the arts, meditation, athletics, with applications related to movement expression and efficiency, communication, and injury prevention and rehabilitation.

Bodywork: This term refers to a general collection of modalities which are often used together to form a comprehensive technique. They may or may not involve physical touch, but they all facilitate the body's own healing response.

Breathwork/Rebirthing: A modality marked by its focus on the breath. The practitioner guides the client through a breathing process which fills the body with an abundant amount of oxygen, supplying cells with freshly charged blood. Breathwork can rejuvenate the body and mind and release emotional memories which are stored in the individual cells. It can also be used to reach deep inner peace, clarity, relaxation, and healing on many levels.

Carpal Tunnel Syndrome: A condition that occurs when tendons or ligaments in the wrist become enlarged, often from inflammation, after being aggravated. The narrowed tunnel of bones and ligaments in the wrist pinches the nerves that reach the fingers and the muscles at the base of the thumb. Some cases of carpal tunnel syndrome are due to work-related cumulative trauma of the wrist.

Cell Salts are created by grinding and potentizing each of the 12 basic mineral compounds naturally present in the body's tissues. They gently, safely, and effectively address a wide range of acute and chronic problems. Cell salts are said to reorganize and correct the way that bodily tissues function.

Chelation Therapy: The intravenous administration of the amino acid EDTA which latches onto and helps remove excess heavy metals from the body. It is often used to treat arteriosclerosis and dangerously high amounts of lead, mercury, nickel and copper in the body. It also provides an alternative to bypass surgery and angioplasty.

Ch'i: (see *Qi*)

Chinese Herbs are usually combined in formulas to enhance their individual properties and actions. Symptoms and signs are matched with therapeutic effects, reflecting the particular condition and needs of each patient.

Chinese Medicine: A comprehensive system of health care which has been in existence for over 23 centuries. Acupuncture is the most well known aspect of C.M. Other forms include acupressure massage, dietary modifications, medicinals, *Qi Gong*, moxibustion (heat therapy), and various modern methods of stimulation of the energetic system.

Chiropractic adjustments are used for musculoskeletal problems and organic conditions such as migraine headaches, high blood pressure, or nervous disorders. The proper alignment of the spine and vertebrae is considered to be essential for good health. Misalignments caused by poor posture or trauma result in pressure on the spinal nerve roots, which may lead to diminished system function, and then, illness.

Chronic Fatigue Syndrome: An ongoing illness characterized by muscle weakness and fatigue worsened by exertion. It is often accompanied by disturbed sleep, joint and muscle pains, forgetfulness, depression, headaches, and digestive problems, the onset of which usually follows severe stress such as an injury, viral illness, or chemical exposure.

Cognitive Behavioral Therapy: A form of psychotherapy based on the scientific fact that our thoughts cause our feelings and behaviors; not external things like people, situations and events. If we are experiencing unwanted feelings and behaviors, it is important to identify the thought patterns causing them and to learn how to replace those thoughts with thoughts

that lead to more desirable reactions. See www.nacbt.org.

Connective Tissue Massage: CTM was developed in Germany by Elizabeth Dicke where it is considered a physical therapy treatment (*bindegewebsmassage*). The therapist subtly “hooks” his or her fingers or hands into the skin, contacting the superficial connective tissue while performing a dragging or pulling stroke through the entire muscle.

CranioSacral Therapy: Essentially a closed spinal-hydraulic system, the craniosacral mechanism is composed of the brain, spinal cord, bones of the skull, sacrum and interconnected membranes, and the cerebrospinal fluid. CranioSacral therapists gently manipulate the cranium and the sacrum to correct misalignments in the structure of this system. Used to treat chronic pain, migraine headaches and TMJ; especially beneficial in head or neck injuries.

Cupping: Technique used in Chinese Medicine to move Qi and blood in the meridians.

Deep Feeling Core Release Therapy is based on Primal Therapy, an experiential psychotherapy involving getting in touch with and feeling deep emotions, feelings in the body, and releasing from the core.

Directional Non-Force Technique[®], a radical departure from conventional chiropractic, is unique as the original, hands-on, innate non-force system of correcting not only total-body osseous misalignments, but soft tissue as well.

DITI: Digital infrared thermal imaging (*see Thermography*).

Doula: One who supports mothers and thinks well about the laboring and the birthing mother and her family. A doula helps to carry out the birth wishes of the pregnant woman and her family and helps the laboring woman manage pain and fear with natural techniques.

Ear Candling is believed to help relieve earache, ease pressure in the sinuses, and allow the ear to naturally discharge the old ear wax.

Earth Acupuncture: Disperses and regulates the flow of vital energy within the earth. A treatment used to heal Geopathic Stress on-site or from a distance.

Educational Kinesiology: The application of kinesthetics to the study of whole brain/body integration for the purpose of eliminating stress and maximizing full learning potential. It is a process for drawing out innate learning abilities through the understanding of movement and its relationship to whole-brain learning patterns.

EFT: (*see Emotional Freedom Techniques*)

Electric Stimulation: Utilizes electrical current, applied to the body to bring about physiological changes in muscle tone, pain, edema, and neuromuscular re-education.

Electro-Acupuncture: After the acupuncture needle has been inserted and Qi obtained, electrodes (wire clips) are attached and electric current is passed through to strengthen and alter the nature of stimulation.

Emotional Freedom Techniques (EFT) is a simple tapping procedure based on the principles of acupuncture/acupressure that gently aligns the body’s energy system. Unlike most other energy healing methods, it includes an emotional and a verbal element.

EMDR (Eye Movement Desensitization Reprocessing) integrates elements of many effective psychotherapies (psychodynamic, cognitive behavioral, interpersonal, experiential and body-centered) in structured protocols designed to maximize treatment effects. EMDR, an information processing therapy, uses an eight-phase approach. The client attends to past and present experiences in brief sequential doses while simultaneously focusing on an external stimulus. The client is then instructed to let new material become the focus of the next set of dual attention. This sequence of dual attention and personal association is repeated many times. Research involving EMDR centers around the treatment of phobias, anxiety, stress and trauma.

Energy Work involves a deeply integrative healing of the physical, mental, emotional, and spiritual energy bodies. It rejuvenates the life force, the DNA, and immune system allowing a freer flow of energy. It is effective in the treatment and prevention of illness, chronic pain, stress, and emotional trauma. Practitioners of this range of therapies address blockages or stagnations in the energy field in and around the body and seek to restore its proper circulation and balance. Examples of energy work include acupuncture, polarity therapy, and Reiki. Sessions may or may not involve physical touch.

Essential Oils: Concentrated essences of various flowers, fruits, herbs, grasses, plants, and trees. They have remarkable, complex properties and are appropriate for use in supporting your health, personal care, and environmental clearing. Scientific research has isolated hundreds of chemicals in essential oils, and has shown many essential oils to have antibacterial, antifungal, and antiparasitic properties.

Eye Movement Desensitization Reprocessing (see *EMDR*).

Feng Shui: The art and science of arranging spaces and elements in the space to create harmonious energy flows and patterns, tempering or enhancing the energy where necessary. Properly adjusted spaces are thought to enhance success, happiness, relationships, personal fulfillment and other aspects of life.

Fibromyalgia Syndrome: A widespread musculoskeletal pain and fatigue disorder for which the cause is still unknown. Fibromyalgia means pain in the muscles, ligaments and tendons—the fibrous tissues in the body. Most patients with fibromyalgia say that they ache all over. Their muscles may feel like they have been pulled or overworked. Sometimes the muscles twitch and at other times they burn.

Frequency Specific Microcurrent uses micro amperage current (1/1,000,000th amp) to balance tissues at their own level of frequency. Like the brain or heart, each type of tissue resonates/vibrates at a unique frequency. FSM modulates the imbalanced frequencies the cells may be producing to assist the body in correcting the imbalance. Microcurrent is primarily used for the reduction of pain: chronic myofascial, neurological, disc and facet joint, and other conditions can be successfully treated. FSM has been shown to reduce inflammation and the chemical messengers that cause inflammation. It increases ATP, the molecule cells use for energy. Each treatment is unique to each patient's condition, no two are exactly alike.

Functional Medicine: The Institute for Functional Medicine is dedicated to the practice of the treatment of persons as individuals, and as a hologram of interrelated physiological systems. Many of today's chronic illnesses defy categorization. For instance, it's a little known fact that the "gut" has its own nervous system (enteric) and much of our immune system is housed here. Your depression may be a "gut" problem, and there are lab tests to help determine if this is part of the problem.

Geopathic Stress: Unnatural vibrations of energy within the land (below the foundation of a building), which causes health problems in people, animals, plants and trees. "Chaos underground" is caused by electromagnetic fields from fault lines, sink holes, subterranean water and underground power lines.

HEG (Hemoencephalography) Biofeedback is an effective and drugless treatment for many conditions involving the brain's frontal lobe activation. HEG represents a simple and non-intrusive way of both monitoring and training cerebral function without the inconvenience of electrode preparation, which other neurofeedback methods generally require. See www.lerninstitut.ch/Flyer_HEG_06.pdf

Herbs: Plant or plant parts valued for medicinal, savory, or aromatic qualities because they contain a variety of substances that act upon the body. Herbs have been applied to virtually every disease and condition of humankind.

Homeopathy: Developed by Dr. Samuel Hahnemann over 200 years ago, this system treats illness based on the Law of Similars, “Let likes be cured by likes.” A substance will cure symptoms in a sick person that it has produced in a healthy person. For example, a child eats the berries of deadly nightshade (belladonna) and subsequently develops symptoms of belladonna poisoning — similar to scarlet fever. Belladonna, in safe, nontoxic doses prepared according to homeopathic specifications, has cured many cases of this contagious disease.

Classical Homeopathy mandates the administration of a single remedy in a single potency chosen according to the Law of Similars, to address the individuality and totality of a person, not only his or her disease diagnosis.

Homotoxicology: The study of environmental poisoning of the human body.

Hot Stone Treatment: The application of moist, heated mineral stones to areas of the body, used as an enhancement of the massage experience.

Hypnotherapy facilitates access to a client’s subconscious mind, in order to uncover and explore memories, emotions, and past events which may affect a person’s conscious mind. It has been used to treat functional disorders such as blindness or paralysis and personality disorders such as habitual behaviors and phobias.

Imagery: A mind/body therapeutic approach that brings one to a deep level of relaxation for the purposes of eliciting and interacting with one’s own images to tap into personal inner resources for health, insight, and empowerment. It is used in a variety of therapeutic settings from pain relief to stress management.

Integrated Kabbalistic Healing integrates 13th-century Kabbalistic wisdom, the latest theories in quantum physics, 20th-century psychological insight and teachings of nonduality into a deeply transformative healing modality. Our aim is to deepen our understanding of our true selves and enhance our ability to hold new states of consciousness that will allow us to help heal others.

Integrative Medicine draws upon therapeutic models to create a more comprehensive approach to the arts of science and medicine. Geared to the promotion of health and the prevention of illness, it neither rejects conventional medicine nor accepts alternative medicine without serious evaluation.

Intuitive Arts: Guidance from intuitive consultants who use their clairvoyant, empathic, and precognitive abilities to facilitate growth and awareness.

Iridology: The art and science of analyzing the markings and structures of the iris, a unique system for identifying behavioral, communication and relationship patterns through the eyes.

The Institute for Functional Medicine (see *Functional Medicine*)

Iyengar Method of Hatha Yoga: A vigorous approach emphasizing balance between strength and flexibility. This practice develops self-awareness through attention to postural alignment with the aid of props.

Jin Shin Do, or the Way of the Compassionate Spirit, is a synthesis of traditional Japanese and Chinese acupressure techniques and theory. Based on the belief that disease, sickness and symptoms are a reflection of imbalance in an individual’s energy system, it uses gentle finger pressure—on specific points—to facilitate the release of “armoring” or chronic tension and balance the *Qi* or energy. The resulting state of relaxation allows one to move out of the head and into the body, accessing deep feelings and inner wisdoms.

Joint Mobilization: Rehab technique used to improve joint range-of-motion.

Juice Plus+®: The most scientifically researched nutraceutical on the market. Whole food nutrition in a capsule made from 17 fresh raw fruits and vegetables and grains. See juiceplus.com/.

Kabbalistic Healing (see *Integrated Kabbalistic Healing*)

Karuna Reiki system, developed by William L. Rand, opens the practitioner to work more closely with all enlightened beings, those physically present as well as in spirit. *Karuna* translates as any action taken to diminish suffering; the motivating quality of enlightened beings working to end suffering on Earth.

Ki (see *Qi*)

Kinesiology (see *Applied Kinesiology*)

LaHo Chi: A spiritually based hands-on healing which facilitates release of the deepest layers of emotional and physical pain and trauma, both past and present and uses life force to energetically restructure the blueprint of the etheric or vital body which then aligns and balances the physical body. It also balances the etheric, emotional and mental bodies and aligns them with the spiritual bodies of Higher Consciousness.

Living Foods Nutrition is diet and lifestyle based on eating a natural diet (mainly uncooked vegetables, fruits, nuts and seeds), and getting exercise, relaxation, sleep and rest.

Lymphatic Drainage Therapy (Manual Lymph Drainage): A hands-on technique to activate fluid circulation and stimulate the functioning of the immune system and parasympathetic nervous system using a very light touch. Helps a wide variety of conditions: chronic pain, fibromyalgia, stress overload, edemas (swelling), and regeneration of burned, scarred and wrinkled tissue.

Massage Therapy: A variety of disciplines involving the manipulation of soft tissue for therapeutic purposes. It involves the practice of kneading or otherwise affecting muscles by hand or mechanical device with the intent of increasing circulation and detoxification, reducing physical and emotional stress and increasing general wellness.

Medical (Therapeutic) Massage specifies treatments specific to medical or health problems and is usually ordered by a physician.

Meditation: A focusing of the mind often using the breath, an object or image, silently chanting a mantra—a simple word or phrase—to help clear the mind and enhance mental clarity.

Metabolic Typing: Defining individual metabolic balance by evaluating the balance of the autonomic nervous system, cellular oxidation, and endocrine dominance.

Movement Education: Assistance in recognizing and improving one's quality of movement in relation to specific tasks. Through particular exercises, a practitioner helps the individual in finding movement patterns which cause difficulty, then suggests exercises to amend the patterns or use hands-on repatterning techniques to bring about new, healthier patterns.

Moxa: An application of heat to specific areas of the body as a treatment for disharmony.

Multiple Sclerosis (MS) is an inflammatory disease of the central nervous system (CNS)—the brain and spinal cord. Predominantly a disease of the “white matter”—tissue made up of nerve fibers which are responsible for transmitting signals both internally within the CNS and between the CNS and the nerves supplying the rest of the body. MS causes patches of damage called plaques or lesions to appear in seemingly random areas of the CNS white matter. At the site of a lesion, a nerve insulating material, called myelin, is lost. MS can be and often is a very serious disease but almost nobody loses function in all possible areas and some people are affected much worse than others. People with MS can experience any of the following problems either fully or partially—numbness, tingling, pins and needles, muscle weakness, muscle spasms, spasticity, cramps, pain, blindness, blurred or double vision, incontinence, urinary urgency or hesitancy, constipation, slurred speech, loss of sexual function, loss of balance, nausea, disabling fatigue, depression, short-term memory problems, other forms of cognitive dysfunction, inability to swallow, and an inability to control breathing.

Myofascial Release: A therapeutic treatment utilizing a gentle form of stretching, producing a healing effect upon the body tissues, eliminating pain and restoring motion. Fascia is a connective tissue which surrounds every muscle, bone, nerve, blood vessel, and organ of the body, down to the cellular level. Malfunction of the fascial system due to trauma, posture, or inflammation can create a binding down of the fascia, resulting in abnormal pressure on nerves, muscles, bones, or organs.

Nambudripad's Allergy Elimination Techniques (NAET®) are a non-invasive, drug-free, natural solution to eliminate allergies of all types and intensities using a blend of selective energy balancing, testing, and treatment procedures from acupuncture/acupressure, allopathy, chiropractic, nutritional, and kinesiological disciplines of medicine. See www.NAET.com

Natural Foods are minimally processed foods that remain as close as possible to their whole, original state. Natural foods are generally more nutritious than their refined counterparts. Natural foods are not, by definition, organically grown.

Naturopathy: To heal in harmony with the natural functions of the body—without harm—is the underlying principle of the naturopathic system of medicine. Health or disease results from a complex interaction of physical, emotional, dietary, genetic, environmental, lifestyle, and other factors. Naturopathic doctors treat the whole person, taking these factors into account.

Neural Mobilization: A rehab technique used to decrease neural entrapment caused by soft-tissue injury. The brain, spinal cord, and nerves are continuous and are surrounded by connective tissue which can develop tension or tightness, often contributing to nerve symptoms experienced as radiating pain, numbness, tingling or weakness. N.M. is a gentle nerve stretching technique to relieve this tension and its associated symptoms.

Neuromuscular Re-Education: A movement technique used by rehabilitation specialists to stimulate the sensory and motor cortex.

Neuromuscular Therapy is often used to relieve tender or congested spots in muscle tissue and compressed nerves that may radiate pain to other areas of the body. The role of the brain, spine, and nerves is emphasized in this type of therapy.

Neurostructural Integration Technique (Bowen), or NST, is essentially a soft tissue therapy designed to remove pain, physiological dysfunction and even psychological imbalances by restoring the structural integrity of the body. Its application is suitable and safe for all ages, from newborn to elderly.

Nouthetic Counseling (from Greek *nouthesis*) translates most closely to admonish, correct and teach. Also referred to as Christian or Biblical counseling; first and foremost a Christ-centered focus rather than on an individual. Based on God's Word (2 Timothy 3:16-17), prayer (Jeremiah 29:12), and the enabling power of the Holy Spirit (John 14:16; 15:26), this model embraces three concepts: confrontation, concern and change. Nouthetic counseling always implies a problem and presupposes an obstacle that must be overcome; something is wrong in the life of the one confronted. One lovingly confronts people out of deep concern in order to help them make those changes that God requires.

Nutriceutical: A coined word combining *nutrition* and *pharmaceutical* which basically means to "let food be your medicine and medicine be your food." Generally, any nutritional supplement designed for any specific clinical purpose(s) and sold on the market as food for general consumption—or "health food"—to be used as supplements to nutrition (diet).

Nutrition: The process by which a living organism assimilates food and uses it for growth, liberation of energy, and replacement of tissues. Proteins, carbohydrates, vitamins, minerals, amino acids and enzymes are the basic elements our bodies use to create and maintain life. A specific balance of these elements is required to maintain optimal health.

Nutritional Medicine calls for higher, therapeutic doses of basic nutrients to address illnesses and disorders. It can be used effectively for diseases of deficiency which may be caused by poor diet or extreme environmental factors. Because this method uses substances which are vital to human physiology, nutritional medicine is well received by the body.

Orthopedics: The branch of medicine that deals with the prevention or correction of injuries or disorders of the skeletal system and associated muscles, joints, and ligaments.

Physical Therapy: A hands-on approach that assists healing using a variety of techniques including exercise, hot and cold treatments, electrical stimulation, and massage therapy. When used after injuries and surgery, it accelerates recovery by improving strength, relieving pain, and restoring full range of motion. Physical therapists also aim to help prevent recurring injuries.

Polarity Therapy: 1) Founded by Austrian-born naturopath Dr. Randolph Stone in the mid-1920s, P.T. is a clothes-on, noninvasive approach complementing existing systems within an integrated holistic model. Polarity is based on the belief that positive and negative poles exist in every cell. The body is gently manipulated to balance the positive and negative energies. In addition, a simple cleansing diet helps eliminate blockages and toxins.

2) A comprehensive health system involving energy-based bodywork, diet, exercise and self-awareness. It works with the Human Energy Field—electromagnetic patterns expressed in mental, emotional and physical experience. Polarity Therapy views health as a reflection of the condition of the energy field, and its therapeutic methods are designed to balance the field for health benefit.

Post-Traumatic Stress Disorder, or PTSD, is a psychiatric disorder that can occur following the experience or witnessing of life-threatening events such as military combat, natural disasters, terrorist incidents, serious accidents, or violent personal assaults like rape. People who suffer from PTSD often relive the experience through nightmares and flashbacks, have difficulty sleeping, and feel detached or estranged, and these symptoms can be severe enough and last long enough to significantly impair the person's daily life.

Primary Care: The first entry point to the health care system in which one's health problems are diagnosed and treated.

Prolo (Prolotherapy): The injection of a proliferant—a specially formulated, mild irritant designed by Dr. Milne Ongley—into damaged soft tissue, causing an irritation that brings blood flow into the area which allows the area to rebuild and heal the damaged tissue. Prolotherapy has been successful in triggering the body's immune system to respond in an area such as a tendon or ligament that, once damaged, usually does not heal completely due to poor blood circulation. It is a useful treatment where the root cause of a patient's chronic or recurring back, neck, or joint pain is joint instability due to tendon or ligament damage. See www.ongleyonline.com/reconstructive.html/.

Psychotherapy: A counseling method that helps one look objectively at behavior, feelings, thoughts, and problematic situations to determine more effective ways of understanding and behaving.

Quantum Healing: "Healing the body-mind from a quantum level... Quantum healing involves a shift in the fields of energy information, so as to bring about a correction in an idea that has gone wrong. It involves healing one mode of consciousness, the mind, to bring about changes in another mode of consciousness, the body." (Deepak Chopra) Through kinesiology, quantum healing accesses collective consciousness to get to the place of origin of an illness.

Qi: The circulating life energy that in Eastern philosophy is thought to be inherent in all things; in traditional Chinese medicine the balance of negative and positive forms in the body is believed to be essential for good health.

Qi Gong: A system of practices for rejuvenation and health preservation, loosely translated to mean “Life Force gained through the merit of practice.” *Qi Gong* improves flexibility, strength, mental focus, and physical and emotional balance through visualization, meditation, stretching, movement, self-massage, and sound.

Rebirthing (see *Breathwork*)

Reflexology: A science that applies pressure to the feet or hands to stimulate reflexes which correspond to specific areas of the body. This stimulation of the reflexes by way of a specific manual technique using the thumbs and fingers helps relieve stress and improve blood circulation and nerve transmission to bring greater balance and well being to the body.

Reiki (*ray-key*): A gentle, non-invasive, ancient form of natural healing. The practitioner usually places his/her hands on the recipient’s clothed body, moving the hands every few minutes. This form of energy healing works on the physical, etheric, and subtle bodies by restoring and balancing the natural life force energy within the body.

The Reiki Alliance: A global community of Reiki Masters who support one another in their practice of the Usui System of Reiki Healing. See reikialliance.com for more information.

Rolfing (see *Structural Integration*)

Sadhana Center: Yoga practice based on the eight-limbed path as codified by Patanjali—physical, ethical and philosophical awareness that every opportunity of being conscious in our daily lives brings us closer to fulfilling our role of being human.

Shiatsu is a holistic approach to healing. The practitioner applies gentle rhythmic pressure along the acupuncture meridians to restore health, balance, and vitality. Stress-related conditions respond well to Shiatsu therapy, which is done with the client fully clothed on a futon.

Sound Therapy is a form of Biological Resonance or BioResonance. The tones are delivered in the range of brainwave multiples are resonate with the cells of the human body. When balance is restored, harmony and healing are the result.

Structural Integration/Rolfing: This method of bodywork consists of deep tissue manipulation and client education about how the body is positioned in relation to gravity. The major sections of the body—the head, shoulders, chest, pelvis, and legs—are “reordered” to enhance flexibility, ease of breath, and movement. As the physical body is adjusted, so are corresponding parts of the emotional body, making for a comprehensive healing session.

Swedish Massage: One of the most common western massage techniques; a vigorous system of treatment designed to energize the body by stimulating circulation. Therapists use a combination of kneading, rolling, and vibrational, percussive and tapping movements. Benefits may include general relaxation, dissolution of scar tissue adhesions, and improved circulation.

Temporomandibular Joint Syndrome (TMJ) is a condition in which the joint that connects the temporal bone (the bone that forms the sides of the skull) with the mandible (the jaw bone) does not function properly. We use this joint more frequently than most other joints in the body; every time we talk, chew, bite or swallow. TMJ Syndrome produces pain in the muscles and joints of the jaw that can radiate to the face, neck, head and even shoulders. There also may be difficulty opening the mouth all the way, or clicking/popping noises when chewing, yawning, kissing or moving the joint. The most common causes are poor bite and stress, combined with teeth grinding, especially at night. Gum chewing can make this problem even worse.

Thai Massage/Thai Yoga Massage: 1) Oriental bodywork which involves gentle stretching of the client by the therapist to bring about balance by opening the energy lines on both sides of the body. It uses a very complex sequence of soft-tissue pressing, stretching, twisting, and joint movement. 2) An ancient Eastern form of massage which incorporates stimulation of acupressure points along energy lines and facilitated, yoga-like stretches to release blocked energy and restore harmony in one’s being.

Thermography: Digital infrared thermal imaging (DITI) is a totally non-invasive, clinical imaging procedure for detecting and monitoring a number of diseases and physical injuries by showing the thermal abnormalities present in the body. Some of these diseases and injuries include fibromyalgia, TMJ, carpal tunnel syndrome, whiplash, digestive disorders, and in particular, breast disease. The benefit of DITI testing in the case of breast disease is that it offers an opportunity for earlier detection than has been possible through self-examination, a doctor's exam or mammography alone.

Total Motion Release is a holistic physical therapy approach which utilizes normal and functional movements that help accelerate healing simply by placing less weight and activity in the "bad" areas or movements and exaggerate the workload in the "good" areas or movements.

The TRAGER® Approach: A form of movement re-education and neuro-muscular reprogramming which enhances body/mind integration, offering new possibilities to the nervous system. Clients are invited to let go of deep holding patterns through gentle touch and movements offered by the practitioner in a deeply relaxed, meditative state of mind. Working within the person's pain-free range, the practitioner communicates a quality of natural fluidity and teaches the receiver to experience more fluid, playful ways of thinking, feeling and moving. This shift in attitude from effort to ease is reinforced through Mentastics®, self-care movements which are integrated into daily life routines. For more information on special applications and trainings see trager.com and tragersoutheast.org.

Therapeutic Exercise: Specific exercises, designed for rehabilitation of the musculoskeletal system, to stimulate the return of normal movement function.

TMJ (*see Temporomandibular Joint Syndrome*)

Tui Na: Chinese therapeutic massage.

Ultrasound: The use of therapeutic sound at a frequency designed to stimulate the healing process, by increasing the temperature deep within the body, which fosters an increase of blood circulation to the area of injury.

Usui Shiki Ryoho translates from Japanese as "The Usui System of Reiki Healing," this form of natural, hands-on healing was received and developed by Dr. Mikao Usui and passed on through a distinct method of teaching and practice. The Usui System includes an oral tradition and initiation ritual, use of specific symbols, a defined form of practice, and the recognition of the spiritual lineage of Mikao Usui, Chujiro Hayashi, Hawayo Takata, and Phyllis Lei Furumoto. See reikiassociation.org.uk/definition/ and UsuiReiki-ogm.com.

Vestibular Training: Rehabilitative balance training related to the inner-ear mechanism.

Visceral Manipulation: A non-invasive therapeutic treatment of release that focuses on the digestive, respiratory, and reproductive organs and their relationship to other structures in the body.

Webster's In-Utero Constraint Technique is used for assisting breech babies in turning after the seventh month of pregnancy. It involves a gentle sacral adjustment, as well as the contacting and releasing of a trigger point on the anterior aspect of the woman's pelvis. A highly effective, gentle, non-invasive technique that has helped many women avoid C-sections.

Yoga helps relieve physical and mental tension. Gentle postures stretch and tone muscles, joints, organs and glands. Its many styles can be practiced by anyone to achieve greater health.

Zero Balancing is a gentle method of using touch to balance the energy body (subtle movements in muscles, tissue fluids, cellular and molecular vibrations) with the physical structure (bones, soft tissues and the body organs). The energy body is like the wind while the physical structure is like the sail of a boat: when they are in balance, dysfunctional habits such as imprints from past traumas and outmoded emotional patterns, can release.