

HEALTH & FITNESS

Natural healing, holistic health "new" catch-phrases

Centuries-old practices have been resurfacing in the past few decades, and becoming more popular with many groups of people.

These include ear candling, therapeutic touch and reflexology, a short description of each which follows;

Ear candles are made of

cotton strips which have been dipped into beeswax. They resemble large, tapered wax straws.

A health practitioner places the ear candle on the edge of a person's ear and lights the other end. The relative vacuum created, along with the heat and swirling

smoke combine to draw ear wax build-up to the end of the ear candle.

This process is said to result in improved hearing capability, relief of sinus irritation, buzzing and other noises, relief of dizziness and itching and regulation of pressure in cases of sinusitis,

headaches and migraines.

Therapeutic touch is a universal human act where one person may help another to enjoy improved health. It is a conscious act of therapeutic intervention and an intelligent direction of life forces where one uses the hands to help and heal. It provides another avenue to wellness and promotes healing.

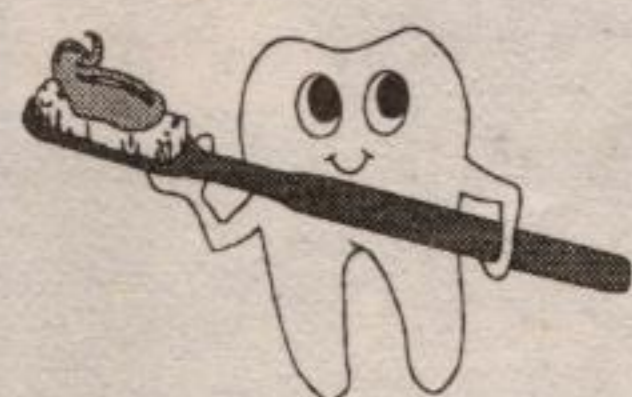
"TT" has been shown to

raise hemoglobin in children, promote healing of tissue, lower temperatures when fever is present, relax muscles and relieve tension, promote sleep and change sleep patterns and generally enhance the body's healing process.

Reflexology is a natural healing art based on the principle that there are reflexes in the feet and hands which correspond to every part, gland

and organ of the body. Through applications of pressure on these reflexes, reflexology relieves tension, improves circulation and promotes the natural function of the related areas of the body.

Reflexology is used primarily for tension or nervous stress, a common factor in many health problems. It was first used 2,000 to 4,000 years ago in India, China and Egypt.



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