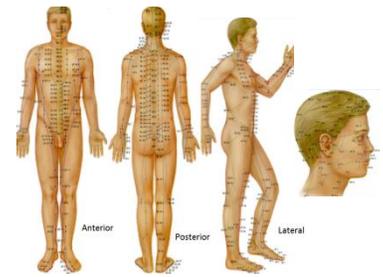


Meridians

ACUPRESSURE

Acupressure is a Traditional Chinese Medicine healing method that involves applying pressure to meridian points located on the body to relieve pain. Acupuncture and Acupressure use the same points; the difference being that Acupuncture uses needles while Acupressure uses hand pressure.



Acupressure can be effective in helping to relieve (1) headaches; (2) eyestrain; (3) sinus problems; (3) neck pain; (4) backaches; (5) arthritis; (6) muscle aches; (7) and tension that is stress related. The healing touch of acupressure reduces tension, increases circulation, and enables the body to thoroughly relax. By relieving stress, acupressure strengthens resistance to disease and promotes wellness.

Western scientists have shown that many of these points are located at key crossways of the autonomic nervous system. This may explain why they can affect pain that the person experiences in a part of the body far from where the pressure is applied.



EAR CONING (THERMAL AURICULAR THERAPY)

Ear Coning is also known as ear candling or thermal auricular therapy. It is a soothing, cleansing procedure that involves placing a beeswax or paraffin cone-shaped candle at the entrance of the ear canal. The hollow cone shape creates a gentle vacuum in the ear canal spiraling smoke down the canal and back, drying, warming and softening wax and other debris. This combination can reduce inflammation, pressure and help remove wax and other debris from the ear canal.

Ear Coning can be effective with removal of (1) excess ear wax; (2) soothing ear infections; (3) releasing head congestion due to sinusitis; (4) allergies; (5) colds and flu; (6) removal of Candida (yeast); (7) relieving itchy ear; (8) some hearing loss; (9) tinnitus (ringing in the ears); (10) balance and equilibrium; and (11) detoxification of sinus and lymph system.

Sometimes the simplest of remedies are still the most helpful. This is not to say that ear coning is the answer to all ear, sinus, or throat problems; however, ear candling can improve the symptoms and even eliminate many problems associated with eye, ear, nose, and throat ailments. **There are contraindications:** Ear coning should not be done to people who have ear tubes, perforated ear drums, or artificial ear drums; anyone with recent ear or sinus surgery, bleeding or draining of fluids from the ear. Any current serious ear/sinus problem should be referred to a doctor.

DISCLAIMER

Reflexology/Acupressure/Ear Coning are integrative, non-invasive therapies. They are NOT a substitute for health care by a licensed medical professional.