

EDUCATION OPTIONS

Holistic Health Plan

Based on your current health challenges, needs, and desires we design a comprehensive and personalized health program including suggested exercises, diet, therapies, meditation/visualization exercises, cleansing regimes, and remedies. You will receive a comprehensive Health Plan tailored specifically for you can use as a guide to wellness This is a must for anyone seriously committed to wellness!

- **Interview, Health Plan Binder and Explanation** **\$ 350**

Ongoing Classes

Classes in personal development, health and wellness are ongoing. Look for advertisements or request a class. Topics include meditation, visualization, human potential, natural healing techniques, emotional expression, intimacy, holistic fitness, stretching, and more.

- **WeekendWorkshops:** **\$200**
- **Other Classes:** **As advertised**

Lifestyle Counseling

Lifestyle counseling involves verbal dialogue and employs techniques to help you reach answers to difficult questions or resolve challenging conflicts in your life.

About us

Jeff Thibodeau, NTS, LMT, APP, MLA, is a Natural Therapeutic Specialist, Licensed Massage Therapist, Associate Polarity Practitioner, and Master of Landscape Architecture. He



is also an avid martial artist, fitness trainer, musician, speaker, and writer. He received his education in holistic healthcare from the New Mexico School of Natural Therapeutics and his Masters Degree in Landscape Architecture from Cornell University. He holds a black belt in Shaolin Kung Fu and is certified in Sacred Space design and construction. He has also served on the faculty at the Massage Institute of Cape Cod.

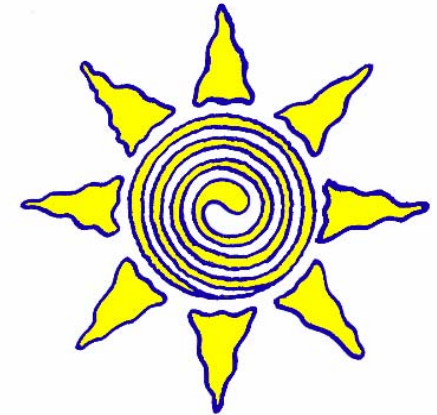
Ask about our gift certificates!

NEXT CLASS:

“DISCOVER YOUR SPIRITUAL POTENTIAL”

Ask for our schedule of classes

HELIOS NATURAL THERAPEUTICS & MASSAGE THERAPY



Holistic healthcare specializing in complete wellness, including treatment of physical, neurological, and emotional trauma, and chronic ailments.

We use a variety of therapies to create an individualized treatment that suits you best!

Come heal with us!

PO Box 100
Brewster, MA 02631

508-237-9000

NURTURING NATURALLY

What We Do

At Helios Natural Therapeutics we offer a variety of treatment alternatives designed to meet your specific healthcare needs. All treatments occur in a safe, comfortable, and relaxing environment with pleasant sights, smells, and sounds. We want your time with us to be relaxing and healing on every level. Treatments vary in length and are designed to nurture the whole person.

BODYWORK TREATMENT OPTIONS

Fees:

30minutes	\$45
60 minutes	\$75
75 minutes	\$90
90 minutes	\$110

• **Therapeutic Massage**

Promotes relaxation through manipulation of soft tissues. Improves circulation, removes accumulated toxins, promotes deep relaxation, relieves stress, speeds healing, releases deeply stored tensions from the mind and body. Pressure is varied according to your needs.

• **Polarity Therapy**

A holistic approach to healing that balances the body, mind, and spirit by restoring and balancing the connections between them. Very effective in releasing the blocked energy of emotional and physical

traumas, and in establishing a sense of internal and external balance.

• **Cranial-Sacral Therapy**

Balances and aligns the physical body with the pulse of the cerebrospinal fluid so that all parts are working in harmony. Osteopathic medicine was founded at the turn of the 20th century by Dr. Andrew Still. One of his students, William Sutherland, made important observations regarding the cranium, leading to the development of cranial osteopathy, which has been further developed in this century by Dr. John Upledger, who coined the term cranial sacral therapy. Cranial-Sacral therapy uses a very soft touch with very profound results. Good for any condition, it is especially useful for chronic and complex ailments.

• **Core Synchronism**

Core Synchronism combines principles of Polarity and Cranial-Sacral Therapy to create an extremely relaxing and deeply healing style of bodywork. Created by Robert Stevens, N.D., this is the gentlest and most powerful bodywork style we offer. Core has shown impressive results with chronic conditions including migraines, trauma, head injury, neurological impairments, complex ailments, and mental/emotional imbalances.

• **Reflexology**

Because the feet and hands contain points that reflex to the entire body, treating them can effect improvements in distant tissues, organs, and systems. A reflexology treatment, which includes foot bathing, is useful for all conditions.

NATURAL REMEDIES "GIFTS OF NATURE"

- **Holistic Health Plan** \$350
Specific remedies for
- **Specific Ailments** \$75

• **Homeopathy**

Homeopathic medicine works on the "Law of Similars" (like cures like) to release blocks in the body, mind, and spirit. By finding just the right remedy, your system's healing potential can be unlocked, allowing proper energy flow and perfect health to be restored.

• **Flower Essences**

Working according to homeopathic principles, flower essences gently help to restructure unhealthy mental, emotional, and physical patterns.

• **Herbs**

Herbs and oils possess biochemical and vibrational qualities that assist healing on many levels for a variety of conditions. Their life giving properties have been revered for centuries worldwide.

SHOP AT OUR PRODUCT DISPENSARY!!!

Visit our complete dispensary for a wide range of nutritional and healthcare products. Get everything from vitamins to skin care products to pain relievers and more! Special orders are welcome.