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## **HELIOS NATURAL THERAPEUTICS**

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### **Summary of Bodywork Modalities**

#### **Massage/Energy Modalities**

- Swedish Massage

Based on the Western concepts of anatomy and physiology, it employs techniques of effleurage, petrissage, vibration, friction, and tapotement. Movements can be slow and gentle or more invigorating. Swedish is the most widely practiced massage modality in this country. Therapeutic benefits include relaxation and greater flexibility. Most practitioners blend in other modalities to create a comprehensive massage therapy treatment.

- German Method

Employs many of the Swedish movements and the use of various types of therapeutic baths.

- French and English

Employ many of the Swedish movements along with excellent facial massage and beauty treatments.

- Sports Massage

Specifically designed to aid an athlete in preparation for, or recovery from, a sporting event. Pre-event massage aims to stimulate and energize muscles and to circulate blood and lymph. Post-event massage aims to reduce fatigue by flushing metabolic wastes out of the muscles and relaxing and cooling the athlete. Sport massage techniques follow the Swedish system with variation applied to achieve specific therapeutic or training effects.

- Rolfing

Developed by Ida Rolf, this technique was developed out of structural integration. It aligns the major body segments through manipulation of the fascia or the connective tissue.

- Trager Method

Developed by Milton Trager, it uses movement exercises called mentastics along with gentle shaking of body parts to eliminate built up tensions

- Acupressure/Acupuncture

Based on Chinese Medical theory, acupressure and acupuncture stimulate the physical and energetic body in order to regulate the Chi (life force). Overall health is achieved by properly assessing and treating imbalances within the system through the application of needles or fingers along energy lines (meridians) and specific energy points.

- Shiatsu

Based on Chinese Medical theory and Western anatomy and physiology, a type of Japanese acupressure that stimulates energy points (Tsubos) and nerves in order to improve overall energetic and nervous function.

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References: *Milady's Theory and Practice of Therapeutic Massage*, Second Edition, by Mark F. Beck, 1994 and *The Art of Massage: Its Physiological Effects and Therapeutic Applications* by J.H. Kellogg, M.D., published 1895 reprinted in *Massage Heritage Times* Vol. 1: Issue 1, January, 2000 and Joan Borysenko, Ph.D., from *Massage Therapy Journal*, Fall 1999 Vol. 38, No. 3

- **Polarity Therapy**

Developed by Dr. Randolph Stone (1890-1971) using massage and energetic techniques derived from both Eastern and Western practices. This is a comprehensive system that can assist in helping with physical, emotional, and energetic problems. It focuses on the relationships between body parts, elements, and nature.

- **Reflexology**

Originating from China, this practice is based on the idea that the feet contain reflex points for every other area of the body and that by stimulating the feet, the entire body can be affected. Dr. William Fitzgerald first demonstrated the effects of reflexology in the early 1900's. Eunice Ingham later systematized the technique which is popular today. Polarity therapy incorporates reflexology extensively.

- **Touch for Health**

A simplified form of applied kinesiology developed by Dr. John Thie, D.C. It includes methods of Eastern and Western origin. Many bodyworkers use aspects of applied kinesiology including muscle testing to derive information about how a particular substance or treatment might affect the body.

- **Reiki**

A Japanese form of energy based bodywork which uses symbolism and hand postures to project the appropriate healing energy to the client. This modality has very little movement, its primary focus being the transfer of spiritual energy to the client.

### **Complementary Medicine Modalities**

- **Acupuncture**

See above for brief description

- **Herbalism**

Uses various preparations of plants to treat acute and chronic conditions and to build general vitality of the individual. Principals are both allopathic and homeopathic. Many herbs can replace the need for pharmaceutical drugs.

- **Homeopathy**

Based on the theory that "Like Cures Like" (The Law of Similars), homeopathy uses extremely diluted remedies to effect a cure. These remedies are taken from substances which, in undiluted potency, would actually cause the disease in a healthy person. Diluted remedies are thought to have greater potency since there is less physical component and more essential life energy available. Remedies work for a variety of illnesses, their efficacy based on matching a specific symptom or set of symptoms. Homeopathy works through expression and release of the disease, rather than suppression.

- **Cranial-Sacral Therapy/Core Synchronism**

Balances all parts of the body with the pulse of the cranial-sacral (spinal) fluid. It is theorized that this fluid carries the highest energetic vibration of any physical substance in the body and is closely aligned with spiritual energy. On the physical level, this fluid is known to be very healing and essential for life. By balancing and increasing flow of the cranial sacral fluid, healing occurs.

- **Chi Kung**

Based on Chinese Medical theory, Chi Kung uses postures and breathing exercises in combination with visualizations to collect, store, and direct vital energy (Chi) where it is needed for health. Heavily used in martial arts circles.

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