



International Natural Therapists Association Inc

Issue 7

International Natural Therapists Association

Hello and welcome to your new format INTA Newsletter. Over the past 6 months you may have been thinking that your newsletter had gone 'missing in action'. Not quite so



During those months we have been working on developing, improving and accentuating the image of our Association within the general public. We have some positive news for you in regard to 'provider numbers' and also insurance companies. We're striving to provide you with choices in these areas.

Provider Numbers: This is a topic that keeps coming up and naturally one of great interest to our members. As the natural therapies industry grows worldwide you would think that gaining a provider number would become easier. Unfortunately this doesn't seem to be the case. More and more health insurance funds in Australia are increasing the number of training hours required, from a minimum 100 hours to 300 hours training or study.

Never fear all is not lost.

Grand United, in Australia has been accepting our INTA members for over the past two years. Remember you must have your insurance details, senior first aid certificate together with your current INTA membership number to get a provider number.

NIB Health Fund and the Teachers Health Fund are making things a little easier for natural therapists. They require similar proof of your training as the other health insurance companies. They simply log your details, when your client presents their receipt bearing your name, they contact INTA and confirm that you are a member and then give your client their rebate. Give them a call to register your particulars.

We hope this information is helpful to our Australian members. We are constantly researching similar facilities for our International members too.

We are looking for an interested person or persons to review a book he or she may have read pertaining to the Natural Therapies industry. Anything from a new and/or unusual bodywork to a new found miracle cure for a disease. All we ask you to do is simply write a small article and forward it to us for publication. If you would like to offer your services, please fax your article to Trisha on +61 7 4925 0233 (within Australia 07 4925 0233) or email it to Tracy on info@natural-therapies.org.

In our last INTA newsletter we ran an article on Lila Mary Notley OAM and the Darwin Holistic Health Centre.



Sadly, Lila lost her tenacious battle with cancer in January 2005. I'm sure every person whose life was touched by Lila, and those numbers would be in the many thousands, still holds Lila in their thoughts and feels her presence around them.

I know in my heart that Lila remains spreading happiness wherever she is and continues to fill lives with laughter and positive thoughts.

Many articles contained in this newsletter have been sent to us from fellow INTA members. They all contain positive thoughts from positive people who want to share their good fortune and good spirits.

We really appreciate your feedback in regard to the content and topics discussed in your newsletters. Please call us or send your story to:

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PO Box 9060
Lighthouse Beach NSW 2444
Australia
+61 7 3030 2789 07 3030 2789
info@natural-therapies.org



This has to be one of the nicest 'junk' emails we have received in a long time.

Author and lecturer Leo Buscaglia once talked about a contest he was asked to judge.

The purpose of the contest was to find the most caring child. The winner was a four-year old child whose next-door neighbour was an elderly gentleman who had recently lost his wife.

Upon seeing the man cry, the little boy went into the old gentleman's yard, climbed onto his lap, and just sat there



When his Mother asked what he had said to the neighbour, the little boy said, "Nothing, I just helped him cry".



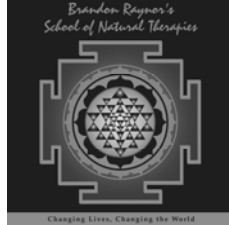


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Brandon Raynor's School of Natural Therapies – Brandon Raynor – BRSNT Principal

During the last few months BRSNT has been going through a metamorphosis of a kind. With time all things change, the important thing is to know when the time is right to create those changes.



We believe that 2005 is right for our School to move to the next level and open its doors to what our past graduates and many prospective students have been enquiring about, Government Accredited courses. We have given this much thought and looked at where Natural Therapies appears to be heading in the future and believe that now is the best time for our School to begin its change for the future.

As from 15th September 2005 we will be offering Government Accredited Certificate IV and Diploma of Remedial Massage courses. These courses will contain the current intensive hands-on Certificate and Diploma components as the practical modules, with added modules of 100 hours student massages for the Certificate IV and 150 hours student massages for the Diploma Remedial Massage qualifications. Both will contain modules of Anatomy and Physiology, practice building, terminology (communication with fellow health practitioners) and hygiene, plus the Diploma of Remedial Massage will have an extra module of Pathophysiology. A Senior First Aid Certificate will be a co-requisite for both courses.

The entire theory modules will be completed on a distance education, self-paced basis, with a minimum timeframe of six months and a maximum timeframe of two years. The practical modules (5 or 10 day hands-on intensive courses) will be conducted in Sydney and Melbourne for 2005. We will be introducing other cities in 2006. The theory modules can be completed prior to or after the completion of the practical modules.

We will be offering Recognised Prior Learning (RPL), so our previous graduates who have completed their Certificate or Diploma courses since January 2004 will only have to complete a refresher component being the first 5-days of a Certificate course to gain their Certificate IV practical and the 10-day will have to be re-visited to attain your Diploma of Remedial Massage practical. For our graduates who studied prior to January 2004, please feel free to discuss any of your previous studies with one of our student coordinators.

In between teaching the Raynor Technique, running a busy business and spending as much time as I possibly can with Rebecca and Jayananda, I have been working on more modules for the Naturopathy course. The first module should be complete in the next few months and hopefully available early 2006.

If you would like to discuss any of the above courses in more detail, receive some information, or you may like to get in early and reserve a position in either the Certificate IV or Diploma of Remedial Massage Government Accredited courses, please call and chat with David or Trisha on 07 4925 0288 or send an email to david@brandonraynor.com



Natural Therapies in the United Kingdom

Robyn Doy – Graduate - July 2004

Just to let you know the ups and downs of starting your own business. The downs can be trying to run before you can walk.

My advice would be to start from home using a quiet room to make your clients feel comfortable



Don't rule out going to your clients own homes, within reason. I myself go no further than 15 miles. I found going to clients' homes has an advantage - they do recommend you to their friends and you can always alternate visits from their home and your home.

The way I started to meet my clients was with a one off advertisement. I made up a leaflet explaining what type of massages I was offering a small bit about each modality the cost and my contact details. I had 5000 copies made and took them to the local newspaper, which inserted them into the local free paper. This all cost me around £350.00, which sounds a lot, but has been worth it.

The responses come in slowly, but they are coming in. All my other advertising is word of mouth from my existing clients. The last down side I have found is not having many clients to massage until you get going. The way I overcome this was to massage family and friends. This is very important, as it will keep everything fresh in your mind. You may not get paid for it but this gives you a better experience for when you do start getting clients.

Don't try to hurry or rush, I can guarantee 9 out of 10 clients come back every two weeks or so.



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Giving that all-important 'good massage' will ensure your clients recommend you to others.



I never had much money to start a business and wanted to get a shop, but I now advise against it for the first year as all you would be doing is just spending and working just to pay all the bills.

I am very pleased with how things are going from my home and home visits.

To be realistic it is going to take at least a year to build up a good client base, I'm pleased I never took the shop.

One other thing is to telephone your clients two days after a massage and ask them how they are feeling. This goes a long way and all my clients think it's very good and like the extra attention.

My last comment is don't give up. Having clients come back saying how good they feel after my massages is a great feeling and makes all the stresses of starting my own business worth it. Practice the Raynor Technique with pride, as it is the very best.

I hope this helps someone a little, combine these tips with the Raynor Technique and your dreams can come true, mine have.

Footnote: *Prior to Robyn attending his BRNST Diploma course, he suffered a stroke, which left him with some short-term memory and concentration loss. With determination, positive thought and inner strength Robyn has realised his dream. Well done Robyn, hello to your wife and children.*



NATURES HEALING PLANTS

PART II - NASTURTIUM (*Tropaeolum majus*)

"How Can I Use HERBS In My Daily Life?"

Isabell Shipard – ISBN 0-646-42248-0

"Let your food be your medicine and your medicine by your food" -- Hippocrates

The Nasturtium or Indian Cress was discovered in the jungles of Peru and Mexico in the 16th century. These little wonders are easy to grow, edible and they make great companion plants for your herb or vegetable garden as they secrete an essence into the soil, which is absorbed by other plants, helping them to resist attack by pests and disease.

The aroma of the leaves is also a pest deterrent. The flowers attract hoverflies, who love to munch on aphids, which may have made their home in your garden. The Nasturtium also deters whiteflies, squash bugs, cucumber beetles and many other pests.

The seeds were ground during World War II as a replacement for pepper. Simply wait for the seeds to dry and pop them in your pepper grinder. When the seeds are fresh they can be used as a substitute for capers, which can get quite expensive.

Vitamin contained: "C"

Minerals contained: Iron, sulphur, potassium, calcium and magnesium.

Actions: Tonic, antibacterial, antibiotic, expectorant, digestive, antiseptic, disinfectant, antifungal, blood purifier and an aphrodisiac.

Medicinal Uses: The whole plant can be used; roots, stems, leaves, flowers and seeds for many purposes, some of which are; coughs, colds and flu; intestinal worms, stomach ache, indigestion, nervous exhaustion, constipation, depression, candida, thrush and for promoting the formation of red blood cells.

Scientific research has found the plant has a *natural antibiotic action*. It is fast working in the body. It is interesting to note, *the antibiotic agent, tromalyt, has been found in the urine within one hour of ingesting the herb*. Noteworthy too, is that it does not interfere with intestinal flora, as can pharmaceutical antibiotics, and has been found to be effective against some micro-organisms that have built up resistance to common antibiotics.

My herbal teacher valued nasturtiums and would tell his students to eat three seeds daily for the antibiotic benefits, for resistance against diseases like viruses, colds and measles. Juice from fresh crushed leaves and stems can be rubbed on itchy skin.



An extract, made from the green seeds, has a powerful topical antifungal action that is matched by few other medicinal plants.

Culinary Uses: Leaves and flowers are great in a sandwich, sprinkled on muesli and in salads. The leaves and seeds have a peppery taste, while the flowers are a little milder. If the flowers and leaves



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are chopped up finely and added to other greens and vegetables, they are not as hot in flavour.

I encourage every herb lover to grow this valuable herb, learn to like it, and use it daily for its high Vitamin C antioxidant and general tonic action.

Nasturtium vinegar is wonderful as well. Add several blossoms and some leaves to a jar with a clove of garlic. Fill with vinegar and allow to sit for 4-5 weeks. Try adding it to other herb vinegar combinations for a nice peppery addition it also colours the vinegar a lovely colour.

Nasturtium flowers are cherry and joy giving. Pick flowers and leaves regularly to have in a vase to decorate the meal table. They keep well in water, but make a habit of eating them from the vase with each meal, and replenishing when all eaten.

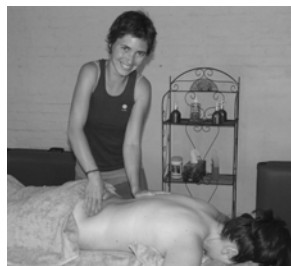
I recommend this fantastic book for your home and/or office. I have found some great recipes, and remedies. I especially like the 'down to earth' language that makes for ease of reading and preparation of tonics and tinctures.



What does it mean to be a qualified Massage Therapist? – Brandon Raynor

Many people think that the most important thing that qualifies you as a massage therapist is a piece of paper. Actually that is not so.

Being a qualified massage therapist means that a practitioner is able to successfully perform a massage treatment that will impress their clients enough so that they will keep coming back and will refer other people to you.



Many massage schools simply emphasise that their course will be certified by the NCBNTM, ATMS, the AMTA or other such bodies and that their qualification is recognised by such and such a body. When the most important thing is whether your real qualification as a massage therapist is recognised by your client. The vast majority of people don't really care which school a person went to, all they care about is the quality of the massage they received and whether they like their therapist or not.

These are qualifications in the real sense of the word because it is your clients who pay your wages and keep you in business.

Therefore when you think about what makes a person qualified to do massage, think about the qualities you would look for when you receive a massage from someone. There are about six main qualities that most people would look for, they are:-

The first is that the therapist is caring and professional in their manner of dealing with people. They must care about their client as a person and not just be thinking that here is another \$60 walking through my door. Energy is projected through the hands and a person can pick up whether another person really cares about them through their touch.

Secondly, a good massage is where the person is focused while they perform the massage. Again, a client will feel the difference between a therapist who is focused on what they are doing as compared to a therapist who is spaced out or thinking about what they are doing on Friday night or whatever.

Thirdly, a therapist must know effective techniques and have an ability to diagnose where their client needs a particular technique applied. Many poor quality massages are just done in a routine fashion without making the massage suit the client. They perform the same series of moves on every client without adjusting their techniques and strategies to suit the client.

Fourthly, a therapist must have an intuitive sense that allows them to use exactly the right amount of pressure to achieve the desired result. If a therapist uses pressure that is too light for the client the massage may be ineffective, at the same time if the therapist uses pressure that is too deep, the client may tighten up against the therapist and may feel unnecessarily sore.

Fifthly, a therapist needs to be able to communicate effectively with their client in a verbal and non-verbal sense. A good massage involves a lot of cooperation between the client and therapist. The client needs to know when and how to effectively 'breathe into spots where there is pain and tension'. A good therapist can massage productively through non-verbal empathetic communication even when there is a language barrier. Some of the best massages I have had have been in Japan where the therapist doesn't even speak English, but they have an intuitive feel for how I am feeling.

Sixthly, and very importantly, a therapist needs emotional maturity to deal with certain emotional releases that may happen during a treatment. If a therapist makes a client feel uncomfortable with their emotional release (tears, laughter, anger) they can hinder the effectiveness of the massage treatment.



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Lastly, massage therapists must be healthy themselves and have a balance of yin and yang qualities. The yin qualities being sensitivity, empathy, intuition and a caring nurturing touch. The yang qualities being an ability to break up tension and stagnation, an ability to have proper boundaries between the client and therapist, together with an endurance to massage enough hours every day or every week to be able to make a living out of it.

So next time you think about what makes a qualified massage therapist, think about it from the person who is paying your way, your client.



Snail Tales

Water snails can be great in your pond but can cause damage to your waterlilies and other pond plants if they become too numerous. To keep numbers down, place lettuce leaves on the surface of the pond in the late afternoon. The following morning, lift out the lettuce leaves (which should by now be covered in snails) and dispose of them.

This is much nicer than using chemicals.



Are Plants and Humans Connected?

The Fragrant Heavens - Valerie Ann Worwood

During our travels and teachings there is one question that comes up quite frequently; "What is Spiritually?" During our research on this topic the best explanation that seems to make commonsense to us is as follows:

Whoever or whatever we pray to, be it God, Mother Earth, Mohammad, Krishna, Father Sky or the Sage Spirit, spirituality is about making "connections" and "belonging". The feelings of connection and belonging fill us with an inner confidence and peace. This is Spirituality or one-ness.

All spiritual practices differ; there is no doubt about that, however they have one amazing connection or similarity. They use fragrances or aromas to assist in prayer and to reach their inner-self and in turn their spirits or Gods.

Buddhists – burn Juniper bundles;

Muslims – splash Rose water in the air;

Ethiopian Coptic & Orthodox Christians – smoulder resins of Myrrh and Frankincense;

Jewish – burn candles and spices on the Sabbath;
Native Americans – vaporise Sage and Cedar in their sweat lodges; and
in many *Indian* countries the evening skies are filled with the aromas of incense that have been left as offerings to the Deity.

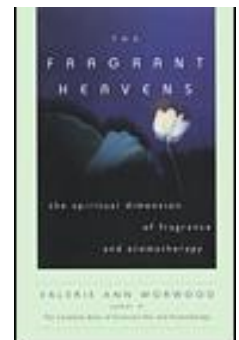
The essential oils in the fragrant plant materials when burned or smouldered release aroma molecules, these molecules are inhaled through our olfactory system and create a euphoric, meditative state of the mind

Some may say that we can meditate or be in a meditative state or become euphoric without these fragrances burning around us, however, surprisingly to some, our mind naturally 'regresses' to aroma thoughts when we sit to meditate or to simply relax.

Our mind is an amazing history chest, no matter what we do each day we tend to attach our thought processes on fragrant events in our past or recent lives. Similarly to music, we attach good or bad thoughts to certain music dependant on what we were doing or the situation we were in when we first heard a certain song or concerto.

Thus, the human benefits from plants - on the other hand plants also benefit from humans.

Plants respond to human thought and to the human energy field. I'm sure you've all heard that talking to your plants assist in their longevity. Try the following thought experiment.



Pick three leaves from the same tree or plant and place them by the side of your bed. It's best to place them on a sheet of glass so you can see the underneath side of each leaf.

Each morning when you wake concentrate on just two of the leaves, sending them loving thoughts and encouraging them to live. Imagine them green and healthy looking. Ignore the third leaf. Don't touch any of them. After seven days the two chosen leaves should still look fresh, while the ignored leaf should be shrivelled. Do the experiment when you wake because that's when you're most physically and mentally relaxed. It's absolutely vital to approach this with a pure heart, because plants know what you think. Don't try to fool them because you'll only be fooling yourself. Expect the experiment to work.

Thus, plants benefits from humans.



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Dare to Live Your Dreams

Debbie Mielke – INTA Member - Nov 2004

As a new member of INTA, I would like to share my story with you. Somewhere within this article, I hope you are inspired, whatever your circumstances or goals may be. As a single mother of two small children I've faced some challenges, which have been overcome by maintaining a strong focus and positive attitude. There is nothing you can't achieve with a little juggling and supportive people around you.



From an early age I always had an interest in massage therapy. Having 3 brothers who played football, I would work on their sore muscles and 'corkers' after the big game. In addition, my father worked for a company that exported horses, to various Asian destinations.

After having been on their feet for anything up to 48 hrs, they would rejuvenate their tired and jet lagged bodies through massage, and a good sleep. He would often bring home new techniques, and teach me what had felt particularly beneficial. This was how I started developing my "massage tool box".

At University I did Martial Arts and learned a little about Chi, Meridians and Pressure Points. I lived with two gym instructors and we would often exchange massages, when we were sore from working out. It was at this time I became interested in reflexology, and gained a feel for diagnosing the body through the feet. This was very much a period of self-study through books and experimentation on friends and family.

Most recently I ran a busy 24 hr service station for 12 months. After the sale of the business, I spent a couple of months in QLD where I did some serious soul searching. Life had thrown a fair amount of challenges my way, and I was working way too hard so it's time now for big changes. I have had a dream for some time of developing a Wellness Center, a one-stop shop for health and fitness.

Having re-clarified my goals, I booked the Brandon Raynor course the day after arriving back in Victoria.

Initially I agonised over spending the money, but after the first evening, I knew the course was cheap at twice the price. Listening to David and Trisha talk about reflexology and how it is connected to other parts of the body was so in line with the self-study I had done, and their philosophies made good sense.

When asked for a volunteer to demonstrate on I think I put both hands up. I knew that to 'feel' rather than 'see' the techniques demonstrated would be the best way to learn. Throughout the course I had several emotional releases. Sometimes tears, sometimes deep belly laughter. Each time I felt more and more healed from whatever I'd been holding on to. The idea of being able to achieve this result for other people, if it happens as part of a massage, absolutely warmed my heart.

This really is my true calling. I like the concept of treating a person according to how they present, as this allows flexibility and intuition to guide the massage. I find myself following bands of tension up and down the body, such that each massage is as unique as the clients who walk in the door.

Throughout the course we were made aware of energies, which led to a couple of experiences, which were quite surreal. One time I actually felt when a client was about to have an emotional release and what it was related to.



As it welled up- talk about goose bumps and energy passing through the body, powerful! More importantly we learned how not to take this energy on, otherwise it can leave one feeling rather drained. It was the best thing I ever did booking into this course. We were lucky to have had the benefit of Trisha and David, then Brandon to finish the last few days, so we got to pick up different things from each of these exceptional teachers. Thank-you all for knowledge, empathy and confidence building, it's an absolute privilege.

Because I know what I want and am just doing it, doors are opening and it's been amazing how things have fallen into place. Melissa, a fellow student and beauty therapist was opening a second salon and invited me to work with her 3 days a week. Whilst doing promotions for Beauty Wishes, I met Craig, the owner of Busybodies fitness center, and am now massaging out of a room in the fitness centre. Yesterday I met Steve a developer who had a gym in the past and shared his amazing vision for a fitness centre. We talked for hours, it was like I had known him for years.

What can I say? It's all meant to be. So my friends just get focused, get out there, and dare to live your dreams.



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Health Freedom – Natural Supplements

- Various Authors from public websites

The complementary medicine industry is huge, netting billions of dollars annually, and in developed countries more than half the population is increasingly turning to complementary medicine for their preferred treatment. So it's not surprising that big pharmaceutical companies want to get a slice.

The natural supplement industry and its related discipline, natural health care, is thousands of years old with a proven tradition. Nostradamus used compressed rose petal pastilles, rich in vitamin C, to treat his patients suffering from bubonic plague. Many of his patients survived the dreaded disease, and Nostradamus himself, who took the pastilles never succumbed to the illness.

The modern supplement industry has been traditionally locally owned by private or family companies, and evolved around its own proved quality and safety standards. The supplement industry has an enviable product safety record. In addition an entire branch of natural and nutritional medicine has developed over the centuries with a long tradition of safety and a large body of scientific evidence in support of its efficacy.

The pharmaceutical industry as we know it, on the other hand, only started in earnest about 60 years ago. Many drugs have been so recently synthesized that their side effects will not be known for some years to come. Pharmaceutical corporations rely on patented, artificial, chemical drugs to generate most of their profits. Aggressive drug company marketing and image management has created the impression that drugs are essential to health, when in fact deaths from adverse drug reactions make up the fourth highest cause of death in the US.

In April 2003 the Australian Therapeutic Goods Administration (TGA), the Australian equivalent of the FDA in USA, brought about the demise of Pan Pharmaceuticals, as well as impacting on the entire natural products supply chain. Yet there was only one person who complained of feeling sick from one single product, Travelcalm, that wasn't even a supplement. Yet there is evidence that actually many orthodox medications have brought about not one, but thousands of deaths, and no multinational pharmaceutical companies have been closed down.

The TGA instigated a Class 1 recall "*can cause death or permanent injury*" of all vitamin supplements produced by PAN because this one person started feeling sick. Whereas the TGA has only issued a Class 2 recall "*defects could cause illness*" when VIOXX, the anti-inflammatory drug,

was found and confirmed to have killed 55,000 Americans (estimated unconfirmed 138,000). In Australia around 300 (unconfirmed) people have died. Unbelievable, VIOXX is still available for sale in Australia today.

Still stinging from the market share lost through consumers opting for natural supplements, the transnational pharmaceutical corporations have influenced the regulators to regulate supplements as drugs, when in fact vitamins and minerals are not drugs but essential to all humans on a daily basis.

Despite this 'simple fact' The Codex Commission, an international organization of 146 nations (backed by the World Trade Organisation and the United Nations) was established in 1962 with the aim of setting international standards and codes of foods. The majority of representations were, and still are, from the pharmaceutical industry alone without any representation from either consumer groups or the natural health care industry.

Buying your large dose vitamin C when you get a common cold could become impossible in the very near future. To the consumer, who knows through personal experience the value of natural health products, this is ridiculous. But it is already happening. The EU is currently 'harmonising' its regulations among its member states and putting them into national law, as are NZ and Australia. Germany has already passed laws to reclassify all supplements and herbs as drugs and is an example of these restrictions. The current upper limit on vitamin C, available as an over-the-counter product is 50mg. Iceland, Sweden, Norway and Denmark have also implemented similarly. Their governments are actively pursuing suppliers who break the law.

We published an article in our August 2004 newsletter written by Erica Murray titled 'Natural Products Under Threat'. Erica was forewarning us about exactly this, and to be honest it doesn't look like it's going to go away easily.

Do you want to go to a GP or MD for a prescription for supplements? If your answer is 'No' then visit www.alliance-natural-health.org or www.ahf-au.org.

The majority of the natural therapists that we speak to are waiting with anticipation to see what CODEX and the WHO are going to do next. We will keep you as up-to-date as possible in our next editions.





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Chi Energy

by Karen L. Scheel

As the standard of living increases the interest in health is also rising and consequently Chi (pronounced: chee) is increasing as well. To understand Chi we must look back to the very beginnings of Oriental Medicine to Taoism (pronounced: dow-ism), which means The Way. Taoism is the most influential root of Oriental Medicine. The ancient medicine people or Taoist's main focus was to observe the ways of the natural laws governing the universe as a method to understand the unseen inner world of our physical body.

One of the philosophical foundations upon which their medical theories was built recognized that everything in the universe is composed of two complementary yet opposing energetic forces known as Yin (female) and Yang (male).



Yin the female principle is associated with water and represents the earth. *Yang* the male principle is associated with fire and represents heaven. It is believed that the two primary forces Yin and Yang (female and male) unite the water energy of earth with the fire energy of heaven, and is responsible for all of creation. Together this energetic life force of Yin and Yang is known as Chi, which means Energy. Einstein's famous equation concludes that energy forms matter and when matter disperses it converts back to energy, every particle of existence is made of energy (Chi) and explains all movement, changes and phenomena in our universe.

These ancient people believed that the same natural laws of Yin and Yang governing the universe had to influence human beings. We were not considered a separate entity; we were viewed as a miniature universe subjected to the very same universal laws. If Chi was the creating force of all visible components then they believed it had to be a factor behind our existence as well. Therefore, from Yin and Yang came the Five Elements of the universe. These Five Elements - Water, Wood, Fire, Earth, and Metal give birth to all things in creation, including human beings.

The human body as a miniature universe houses 12 energetic channels or pathways wherein Chi flows. These channels are known as meridians and control both our gross and subtle anatomy. Our gross anatomy is the form that we can see. Whereas, most individuals cannot see the subtle anatomy. This subtle energetic body represents the whole of which

we are - our body, mind, emotions, and spirit. Unlike the veins that our blood flows through, meridian pathways also travel throughout the entire body, but rather than fluid they deal more with energy and states of consciousness. Each meridian is associated with one of the Five Elements and connects to either a Yin or Yang organ of the physical body, and link our states of consciousness

It is said that Chi applies to the human body in 2 ways; inherit Chi and acquired Chi. Inherit Chi is the energy we receive from our parents at the time of conception. Acquired Chi is the energy accumulated by the quality of life we choose to lead, the food and air ingested. It is believed that the major cause of all disease stems from a blockage of Chi circulation. Individuals become ill when either they cannot absorb enough Chi or the circulation in their body has become blocked.

Human beings cannot sustain a high quality of life by food and breathing alone. It is important to have a strong flow of Chi energy, as the most nutritious food would be of no use if our inner constitution were weak.



In order to absorb and integrate the external universal energy we must learn to integrate and strengthen the fundamental life force within. Chi healing is an ongoing process of cultivating and strengthening the Yin (female) and Yang (male) of our being.

Good health is learning to live and be in balance with the all aspects of our internal world - the body, mind, emotions and spirit so that we may be in balance and good relationship with all aspects of our external world.



We have enclosed an INTA renewal form for your use, so don't forget post your renewal, your story or you desire to be a book critic to the address below or phone us on 07 3030 2789 (within Australia) or +61 7 3030 2789 (outside Australia)

International Natural Therapists Association
PO Box 9060
Lighthouse Beach NSW 2444 Australia

Ciao, See ya later, Aloha, Adiós, Slán libh, Aroha nui, Chao, Namasté, Auf Wiedersehen, Itte rasshai, salut, Salamat jalan, Vaarwel, and Goodbye.