

The Nature of Healing

Programme Summary – 6 x 30 min series

Episode 1 - Movement

There are two natural therapies to change bad posture habits: The Alexander technique, which helps change bad posture and increase the performance potential of athletes, singers, musicians and dancers; and the Feldenkrais method, which helps people change bad movement habits.

Episode 2 – Meditation

Meditation is an ancient practice used to enhance perception, alter metabolic processes inducing restfulness. Business people, patients and school students alike can benefit from the various therapies shown if meditation is part of a daily routine.

Episode 3 - Acupuncture

The emphasis of acupuncture is on prevention rather than cure. First documented in ancient Chinese text, acupuncture can be combined with other therapies to alleviate pain, and can even be used instead of anaesthesia. Cupping and acupressure use acupuncture techniques without the insertion of needles.

Episode 4 – Touch

Massage and touch therapies have been used by many people to alleviate stress. Steam baths combined with massage are a common therapy used in Japan and Hawaii. Aromatherapy, meditation, acupressure and reflexology are often combined as a holistic treatment to stress sufferers.

Episode 5 – Homoeopathy

Homoeopathy is a therapy with a holistic approach. It is a complimentary medicine which is gradually gaining acceptance within traditional medicine. Homoeopathy focuses on and treats the cause of problems rather than symptoms.

Episode 6 – Biomagnetism

Magnetic field therapy has been widely researched for many years, particularly in Japan. Biomagnetic therapy combined with drug therapy has been used to successfully treat depression and dementia. Non-healing fractures and spinal injuries have proven to benefit from magnetic therapy.

