



Natural HEALING

WE now live in a world where a dramatic shift in our health consciousness has arrived.

In the past we wholly entrusted our health and wellness to family doctors and medical specialists, but since the creation of thousands of websites like WebMD or that of natural health expert Dr. Joseph Mercola, patients are now seeking supplemental treatments to accompany the traditional medical system.

Midwives are now licensed to deliver babies both in the hospital and at home. Pharmacists are being trained in herbal and homeopathic medicine. Canada now has hundreds of general medical practitioners who prescribe to the principles of natural medicine and many

practice integrative medicines, in which they combine the best of complementary medical treatments with the best of allopathic medicine.

Here in Guelph, there's a plethora of new health options to test out - from naturopathic doctors and body workers, to energy practitioners and sacred stone healers. A quick search through Google reveals hundreds of therapies and treatments in the waiting, from sound energy healing sessions to traditional massage, but for My Guelph we've selected just a few unique services to look at.

ENERGY HEALING

Paradigm Centre for Wellness, at 421 Woolwich Street, offers professional

services in Energy Medicine, Naturopathic Medicine, Holistic Therapy and BioEnergetics. While some of their services are somewhat invisible to the naked eye, their practitioners claim that the body could feel the benefits in as early as the first session.

"As an energy medicine practitioner, my philosophy is founded on effectively helping you with your healing journey in a way that complements your regular medical treatments," says Atherton Drenth, a Holistic Energy Practitioner and Medical Intuitive. "Energy work in non-invasive, gentle and works with you both physically and emotionally through an energy body that surrounds the physical body. This energy body is called an "Aura". We know that auras exist because



STORY BY DAN SAVOIE
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Terri Rowan practices Ashiatsu massage, a style of massage using feet and overhead bars for balance.

we can photograph them. We also know from studying these photographs that you can tell if a person is sick or if they will get sick. This is something that healers and shamans have known for thousands of years. I am a clairvoyant and medical intuitive trained and certified to see and work the aura energetically. Using this ability I work with the auric body to locate the blockages that are creating distress in the physical and/or emotional body and help you to release them.”

Energy Medicine works with people who find that they are falling between the cracks of the medical system, or feel that they are stuck on a merry-go-round of medical professionals, therapies and medications while improved health still eludes them. Patients that frequent

Paradigm for energy work are often referred by family doctors. Drenth says that the clinic has helped those with environmental sensitivities, cancer and heart issues and she notes that most children with any number of attention disorders are frequently assisted.

Including Drenth, there are five practitioners at Paradigm: Dr. Michelle Cali, Registered Naturopathic Doctor; Zrinka Capkun, BioEnergetics practitioner; Genevieve Cigna, Medical Intuitive, Holistic Energy practitioner, Craniosacral therapist and past life regression; and Shelley Timoffee, Holistic Energy practitioner, Medical Intuitive, Shamanic practitioner and past life and age regression.

The Paradigm Centre for Wellness is

located at 421 Woolwich Street and the practitioners can be reached at 519-766-4770 or www.paradigmcentre.ca.

ASHIATSU MASSAGE

Located in a massage office at the Clear Path Chiropractic Health Centre at 3 Paisley Street hides one of Guelph’s more original body workers. Along with her traditional massage treatments, Terri Rowan is also a fully trained practitioner in the art of Ashiatsu massage. It’s a style of massage performed with the feet while using overhead bars for balance. Casual fans of massage and bodywork have probably seen Ashiatsu therapies in movies and photos around the internet, but until Terri started performing it in Guelph in 2013, it was mostly thought



Left: Daniela Masaro, a holistic therapist, displays crystals used in the spiritual therapy of crystal healing; Right: treatment room at Paradigm Centre for Wellness.

of as a myth or exotic Asian technique. There are currently less than 50 Massage Therapists in the country offering Ashiatsu massage and Guelph is fortunate to have one of those practices here in the city.

"I call this a barefoot full body Swedish massage," says Rowan. "It's a new thing here in Canada. Many people will see it and they think it's some sort of James Bond kind of thing, but it's a real massage that exists. It's a secure, safe and extremely beneficial massage. I can apply the same amount of pressure and strokes with my feet or my hands, but I can offer more pressure with my feet and it's very consistent and less painful for the client."

Ashiatsu massage utilizes overhead bars to provide balance and support for the therapist while the treatment unfolds in much the same way as a hands on massage, except performed with the practitioners feet. Oddly, the feet provide a very stable and evenly balanced massage with perfectly pressured strokes that don't protrude like elbows and thumbs. The pressure can be increased or decreased as much as needed by using the bars to alleviate the practitioner's weight as desired. Those who enjoy extremely deep massages will appreciate when Rowan uses both feet and very little resistance from the bars, while those seeking a more relaxing experience will savour the long relaxing

strokes applied from directly above.

"Once Terri introduced Ashiatsu to me, I was hooked," says client John Wills. "I really like a deep massage and I enjoy it when she does both feet down the back. It's unlike anything you'd ever experience and I won't get any other type of massage anymore."

Terri can be found at the Clear Path Chiropractic Health Centre at 3 Paisley Street. Appointments can be made at 519-265-4204 or www.clearpathchiropractic.com.

CRYSTAL HEALING / REIKI

Daniela Masaro is a professional holistic therapist, shamanic healer, intuitive life coach, teacher, and the founder of Ouroboros Wellness, a private holistic practice in the east end of Guelph. Using such spiritual healing techniques as Reiki, crystal healing and Mayan abdominal massage, Daniela provides a very calm and tranquil environment where clients can unwind and shed the bad energies surrounding them.

Taping into the body's unseen energy centers, or Chakras, Daniela can design sessions using any of her skills, but a typical session might include a combination of crystal healing and Reiki. Chakras are part of the subtle body, not the physical body, so most of the work involving this therapy rarely touches the

actual body, but focuses more on the energy surrounding the body.

The ancient seers perceived the chakra system as energy centers that extend from the base of the spine to the top of the head. The location of each chakra loosely corresponds to an area of the body's anatomy and when the flow of energy in one or more of the chakras becomes blocked, we may develop physical and mental illnesses.

"I've always believed in healthy living and healthy foods," says Daniela. "Most diseases are linked to stress and emotional disorders and unfortunately Western medicine doesn't really approach this side of it. There are many traditional medicines and therapies that are used around the world today, but unfortunately they're considered 'new age' practices here. It was important for me to immerse myself in these practices, learn them and to bring that knowledge here to Guelph."

Ouroboros Wellness is located at 190 Couling Crescent. Appointments can be made by calling 519-265-7903 or visiting www.owellness.ca.

Some of these non-traditional therapies, like Ashiatsu, are covered by almost all insurance companies, while others are slowly being added for claims. It's best to check with your insurance company to see what types of Holistic therapies are covered. **MG**