

# Welcome to Healthland Clinic

Your one stop clinic for Massage, Chiropractic, RMT and bodywork therapies

## Services



**Acupressure/Acupuncture**



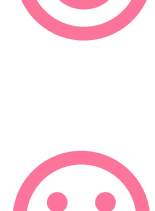
**Cupping/Gua-Sha/Hot Stone**



**Massage Therapy (RMT)\***



**Traditional Chinese Medicine**



**Massage & Reflexology**



**Chiropractor**

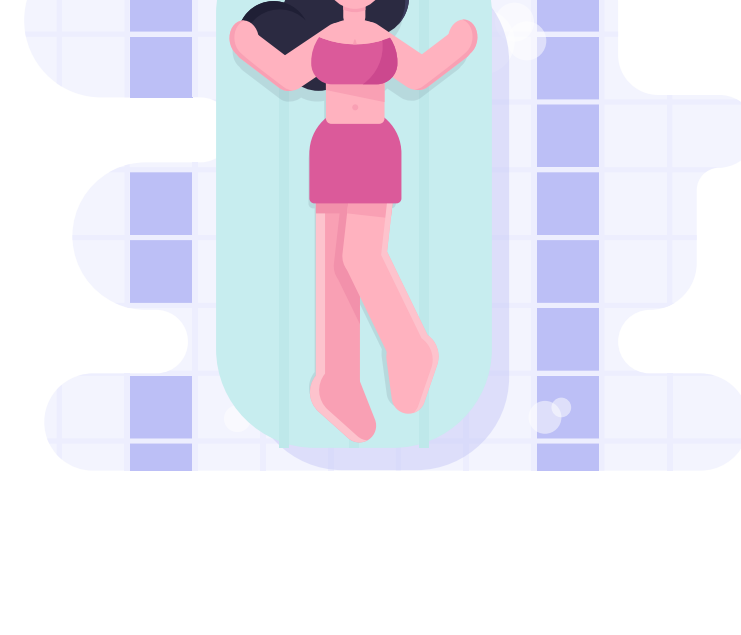


**Foot Reflexology**



**Kinesiology\***

### Acupressure/Acupuncture



#### What is Acupuncture?

Acupuncture (from Latin, acus (needle) and punctura (to puncture)) is a form of alternative medicine and a key component of traditional (TCM) involving thin needles being inserted into the body. TCM theory and practice are not based upon scientific knowledge, and acupuncture is commonly described as pseudoscience. There is a diverse range of acupuncture theories, involving different philosophies. Techniques vary depending on the country. The method used in TCM is likely the most widespread in the US. It is most often used for pain relief, though it is also used for a wide range of other conditions. It is generally only used in combination with other forms of treatment.

#### How does it work?

Acupuncture is used as a method to prevent disease as it re-balances energy within body. The Qi (ch-ee), a life-giving energy, flows to every cell, tissue, muscle and organ through meridian pathways mapped within the body. An obstruction in your meridian system can be caused by an injury or trauma, lack of movement, dietary intake to over indulgencies.

Acupuncture is generally safe when done by an appropriately trained practitioner using clean needle technique and single-use needles. When properly delivered, it has a low rate of mostly minor adverse effects.

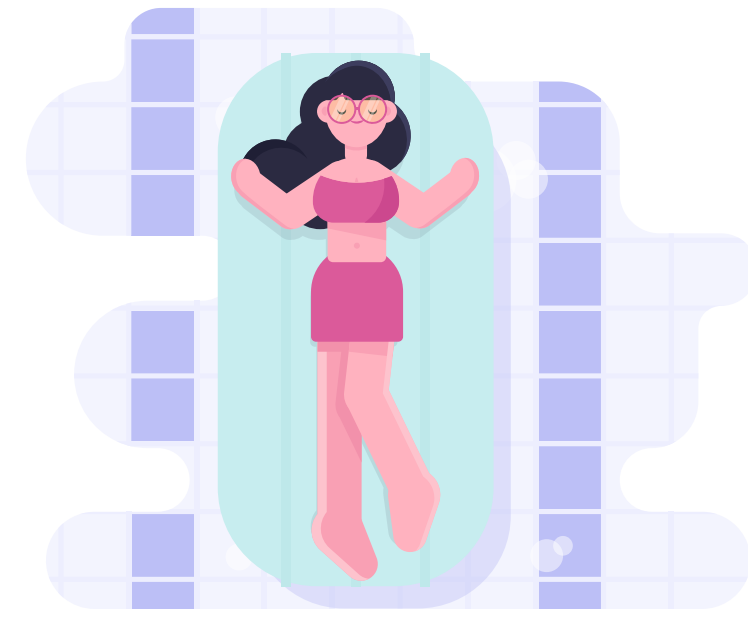
### Massage Therapy (RMT)\*

#### What is Massage(RMT) therapy?

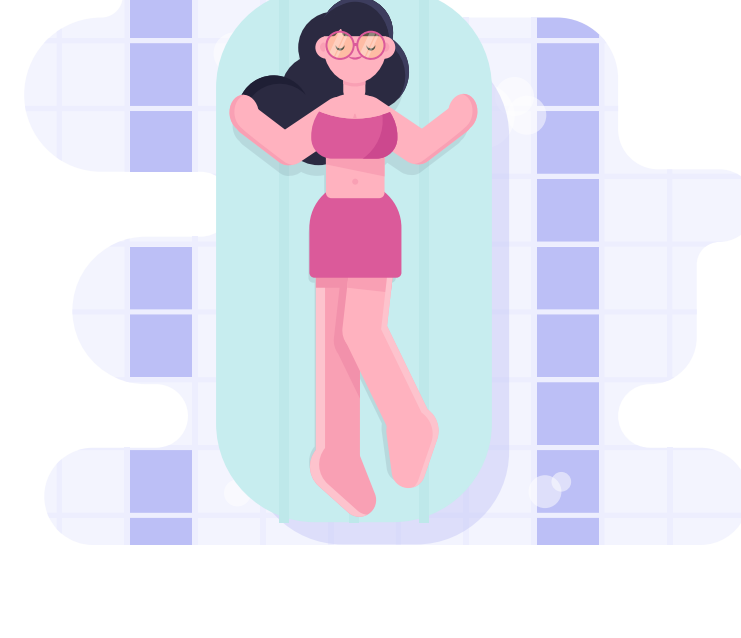
Massage(RMT) involves working and acting on the body with pressure – structured, unstructured, stationary, or moving – tension, motion, or vibration, done manually or with mechanical aids.

#### How does it work?

Massage(RMT) can be applied with the hands, fingers, elbows, knees, forearm, feet, or a massage device. Depending on the application and technique used, massage(RMT) is used to promote relaxation and well-being, and is beneficial in treating sports injuries and other problems affecting the musculature of the body such as postural misalignment and many painful conditions.



### Massage & Reflexology



#### What is Massage & Reflexology?

Massage is the manipulation of the body's soft tissues. Massage techniques are commonly applied with hands, fingers, elbows, knees, forearms, feet, or a device. The purpose of massage is generally for the treatment of body stress or pain.

Reflexology, also known as zone therapy, is an alternative medical practice involving the application of pressure to specific points on the feet and hands. This is done using specific thumb, finger, and hand massage techniques without the use of oil or lotion. It is based on a pseudoscientific[1] system of zones and reflex areas that purportedly reflect an image of the body on the feet and hands, with the premise that such work on the feet and hands causes a physical change to the supposedly related areas of the body.

### Foot Reflexology

#### What is Foot Reflexology?

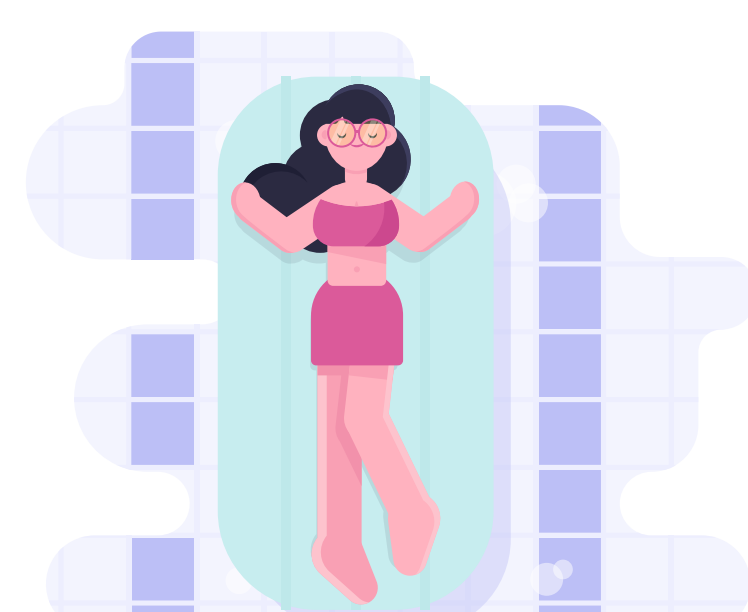
Foot Reflexology is a therapy in which pressure is applied to reflex points on the hands, feet, ears. It is based on the principle that these reflex points are related to the internal organs and glands, and are laid out in the same arrangement s that in the physical body in the form of a “map” or microcosm.

This treatment helps stimulate the normal function of the organ involved and thus aids self-healing, bring about physical and mental well-being.

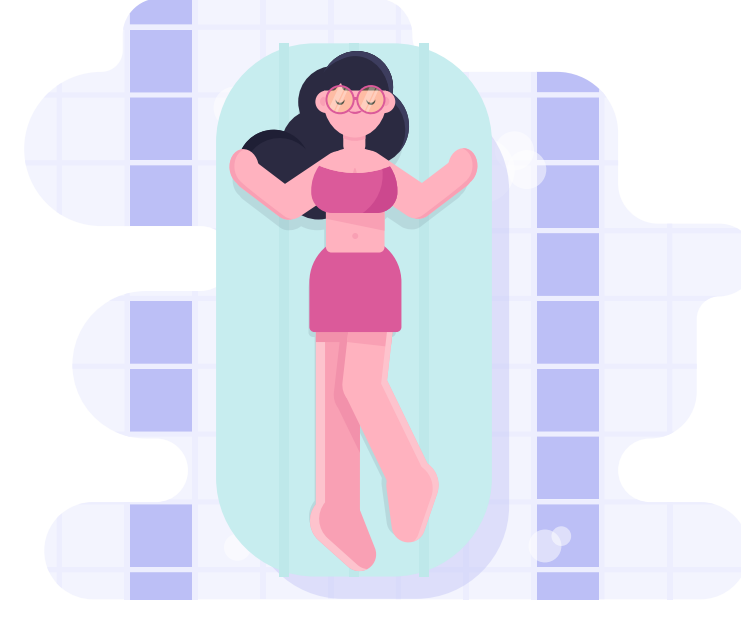
#### How does it work?

Foot reflexology is the practice of stimulating areas of the feet that correspond to parts of the body with specific hand thumb and finger techniques.

This stimulation is believed to have a positive effect on a person's health. Reflexology can help relieving stress and tension, emotional healing, increasing blood circulation and aiding in the removal of toxic wastes.



### Cupping/Gua-Sha/Hot Stone



#### What is Cupping and how does it work?

Cupping involves the application of glass cups, which suck on the body by the use of heat. You do not feel the heat, but you will feel the cup on the skin. The cups are used over certain points and/or over areas of pain. The idea is that stagnation by lack of circulation in the muscles and body tissues will lead to pain and other illnesses. Cupping improves the circulation in these areas.

#### What is Guasha and how does it work?

Gua sha or scraping, kerokan, is part of traditional Chinese medicine (TCM) in which a tool is used to scrape people's skin in order to produce light petechiae. Practitioners believe that gua sha releases unhealthy bodily matter from blood stasis within sore, tired, stiff or injured muscle areas to stimulate new oxygenated blood flow to the areas, thus promoting metabolic cell repair, regeneration, healing and recovery.

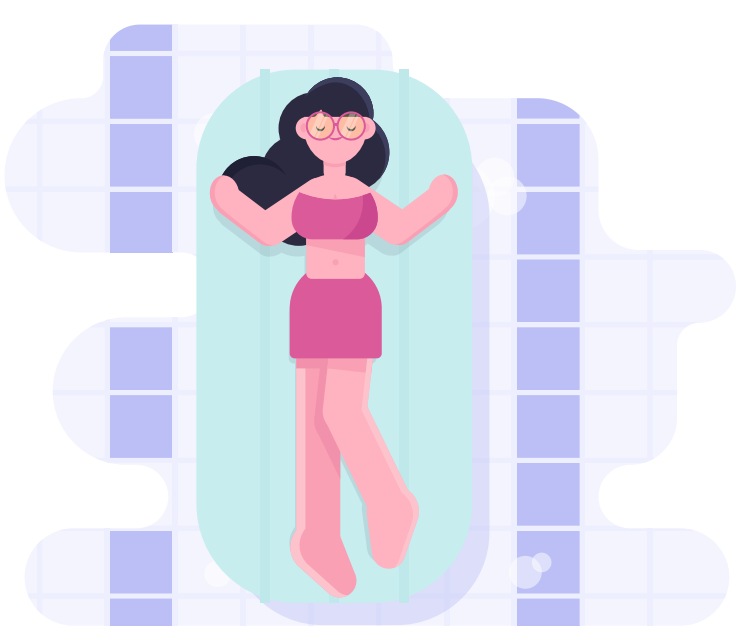
#### What is Hot Stone and how does it work?

The hot stone massage is a form of alternative medicine massage therapy and bodywork involving the placement of a number of heated stones to the body for the purpose of pain relief, relaxation and therapy. There are a manifold of variations and techniques used in the application of stone massage therapy, deriving from a variety of traditional practices. Stone massages are primarily used to alleviate physical pain issues, however, are also used to promote emotional and spiritual wellbeing in practice.

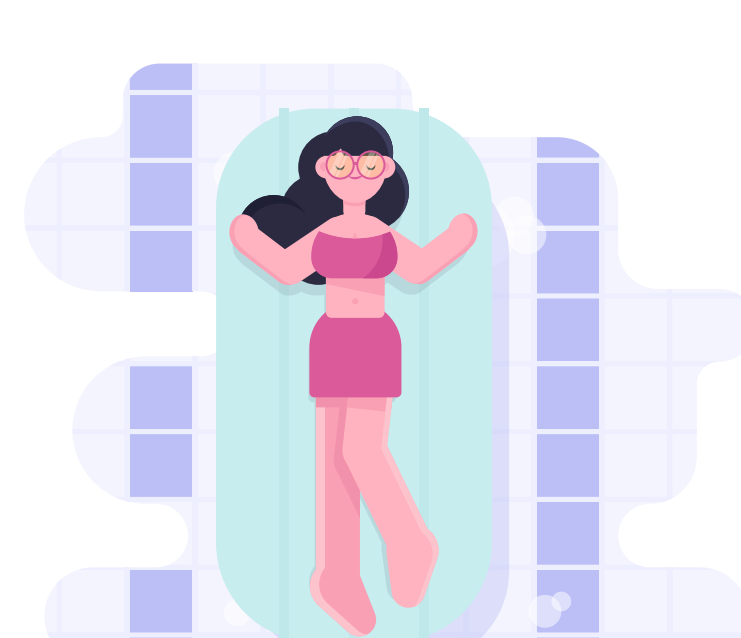
### Traditional Chinese Medicine

#### What is TCM?

Consisting of acupuncture, herbs and bodywork (Tuina massage, Guasha, Cupping) Traditional Chinese Medicine (TCM) has been used effectively for over 4000 years. Many people have found Traditional Chinese methods of healing to be excellent tools for maintaining optimum health and preventing illness. The healing arts of TCM are designed to integrate into daily life helping the body to heal itself naturally.



### Chiropractor



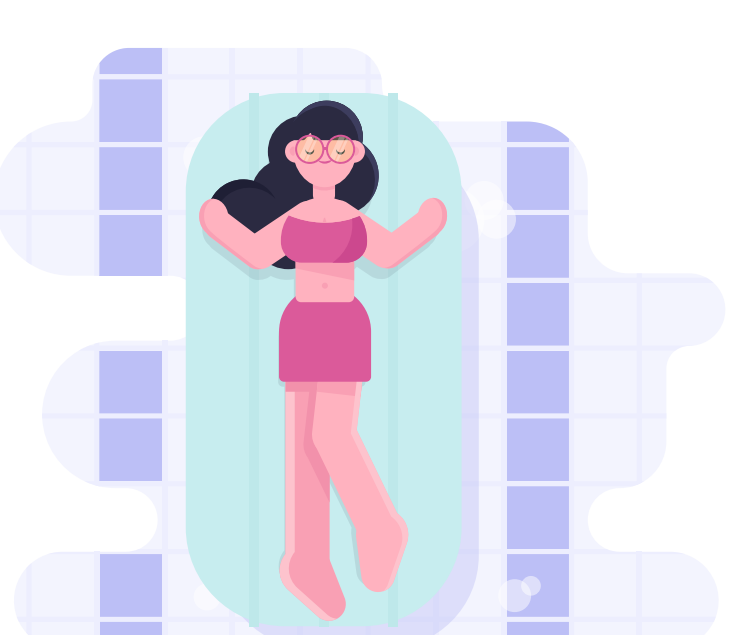
#### What is Chiropractor?

Chiropractic is concerned with the diagnosis and treatment of mechanical disorders of the musculoskeletal system, especially the spine. Chiropractors, especially those in the field's early history, have proposed that such disorders affect general health via the nervous system. The main chiropractic treatment technique involves manual therapy, especially manipulation of the spine, other joints, and soft tissues, but may also include exercises and health and lifestyle counseling. Chiropractors are not physicians or medical doctors.

### Kinesiology\*

#### What is Kinesiology?

Kinesiology is the scientific study of human or non-human body movement. Kinesiology addresses physiological, biomechanical, and psychological dynamic principles and mechanisms of movement. Applications of kinesiology to human health include biomechanics and orthopedics; strength and conditioning; sport psychology; motor control; skill acquisition and motor learning; methods of rehabilitation, such as physical and occupational therapy; and sport and exercise physiology. Studies of human and animal motion include measures from motion tracking systems, electrophysiology of muscle and brain activity, various methods for monitoring physiological function, and other behavioral and cognitive research techniques.



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