

Dear Friends,

Alternative health methods have always had a stigma and been cloaked in mystery. I remember my dad returning from his chiropractor and feeling fabulous. Back then chiropractors were known as "quacks"; now they are mainstream and their services are covered by insurance. My mother had MS and when she died, we threw out two full shelves of her drugs. These events formed my life's quest - to find a better, more natural way to heal oneself.

Since then I have been studying alternative health. Even after thirty years, I am still amazed at what can be accomplished using simple methods. Like anything, there are specific rules to learn and follow for each method. But instead of having to read volumes of books to find which ones will work for you, consider this book your CliffsNotes™ for alternative health methods. (CliffNotes are used by students as study guides to understand complex literature.)

Adventures with Natural Healing covers 26 methods. This information comes from my own personal experience including classes and workshops (both taking and teaching), interviews and research, reading books and listening to tapes, and plenty of hands-on practice.

I cover the Who, What, When, Where and Why for each method by covering the following eight areas: Definition, History, How It Works, Uses, Instructions, Tools, Licensing and Personal Experience. Other sections are included to enhance your experience. Those sections are more fully explained in the next section - How To Use This Book.

This book is dedicated to you who knows there is a gentle, natural way to become healthy.

Ellen L. Hughes



HOW TO USE THIS BOOK

There are seven sections to this book, each one important in its own right. Which one you read first depends on what interests you. If you like to analyze things, you might start with Removing the Woo Woo Factor. If you're a take-charge type of person and want to jump right in, check out Eclectic Exercise Routines. Perhaps you are a person who likes to see the "big picture". If this is you, Shared Touchpoints is a must-read. If you already know the issue you want to work on, perform a Search for that issue. No matter which one you start with, I recommend reading all chapters because they will fill in the pieces until you have a complete picture of how each method works with your body to make you a healthy and vibrant being.

Chapter One - Shared Touchpoints

This chapter takes an overall view of the methods and finds commonalities among them. It also looks at the entire Complementary and Alternative Medicine (CAM) arena and offers basic tenets that apply to the whole field.

Chapter Two - Removing the Woo Woo

Factor Skeptical? Need proof? This is the section for you. Scientific proof, citations from reputable sources, diagrams of body systems - it's all here. At least enough to open your mind to the possibility that it's not just woo woo.

Chapter Three - 26 Methods

This is the heart of the book. Eight elements of each method are discussed:

- Definition - including etymology
- History - First recorded use of method and/or developer of technique
- How It Works - Body system(s) and senses accessed
- Uses - Physical/mental/emotion issues it has been successfully used on
- Instructions - Step-by-step instructions to perform the technique
- Tools - Physical equipment needed (most methods do not require tools)
- Licensing - Certification/licensing requirements, and licensing agencies
- Personal Experience - Personal experiences with the method

Chapter Four - Eclectic Exercise Routines

Take one breathing exercise, add a mental exercise, mix carefully with energy meridians and what do you get? A recipe for an excellent job interview. There are routines for commuters, busy mothers, athletes. Plus there is a formula so you can create your own routine.

Glossary

If you are familiar with all the terms used in this book, then kudos to you. If you need a little assistance, this is the place to look.

Bibliography

Adventures in Natural Healing gives basic information and easy instructions for each method. For further study, the bibliography offers resources to enhance your experience. Additionally, there are links to interviews with experts scattered throughout the book. If you want more about the method immediately, click on the link.

Associations

Many methods are associated with a national or international group. The group may be the licensing association or hub for practitioner information. If you are looking for a qualified practitioner, this is the place to look.