

What is The Natural Medicine Practice all about?

Quite simply, it is about natural healing. To homoeopathy I have added an allergy testing service, vibrational medicine and, more recently, traditional Thai Yoga Massage.

So I am now able to offer a wide range of healing therapies that have all stood the test of time.

Your personalised treatment begins with an assessment of which therapy or combined therapies are right for you

Because no two clients have the same health issues, it is necessary to select the most suitable therapy for each individual's requirements.

My awareness of how nature can contribute to the healing process, combined with the intensive training I have received at some of the most respected healing centres in the world, allows me to offer a very individual service.

For instance, I studied traditional Thai massage at Wat Po, the famous Thai massage school in Bangkok, before becoming apprentice to a Thai massage master in northern Thailand.

I have also travelled extensively to experience many of the world's natural medicines and therapies in action in the countries where they were first developed.

A Personal Endorsement from John Rawlings

"I am a registered homoeopath as well as a practitioner member of the British Flower and Vibrational Essences Association. The remedies I utilise in healing, after ingestion are able to pass a vibrational message that initiates a biochemical response, which then travels to increasingly more subtle levels of the human being.

Homoeopathics, gem, flower and environmental essences are found under the umbrella of vibrational medicine. It has been my direct experience that vibrational medicine greatly assists in the healing and personal growth process."

The Bo Tree or Sacred Wild Fig (Ficus Religiosa).

A representation of the world spirit, wisdom and union of approaches to healing. The tree is native to Thailand and India.

To discover how you can benefit, just get in touch

To find out which of the therapies that The Natural Medicine Practice offers would benefit you most, just come along for an assessment.

You can contact me at the address below to arrange an appointment.

John M Rawlings
The Natural Medicine Practice
43 Montgomery Street, Hove, Sussex BN3 5BE
T: 01273 227730 M: 07753 480009
naturalmedicine@jmrawlings.go-plus.net
www.thenaturalmedicinepractice.com



A choice of treatments from The Natural Medicine Practice

ALLERGY TESTING
HOMOEOPATHY
VIBRATIONAL MEDICINE
THAI YOGA MASSAGE
GEM THERAPY
FLOWER ESSENCES
RADIONICS

Introduced and explained
by John M Rawlings
DIHom PgDSHom HMD FBIH MHMA



Introducing our allergy testing service

By using special techniques, which involve muscle testing, it is now possible to assess accurately which foods someone has an allergy to.

You'll be surprised at just how much of a difference this can make. A few simple dietary changes can often bring about significant improvements to your overall health.

It is possible to test for any substance you may wish to bring along. Our special assessment methods now make it possible to test for far more than just food – unfriendly micro-organisms, chemicals, pollens, mould and parasites can all be identified.

It is also possible to assess sensitivity or intolerance to food additives or to test for viruses, bacteria and invasive organisms.

Vibrational Medicine. Invaluable for healing and enhancing personal health

Homoeopathics, gem, flower and environmental essences are all part of vibrational or energy medicine.

Dr Edward Bach (1886-1936), who was already well known for his pioneering work in homoeopathy, evolved his life's achievements further by creating flower essences and an environmental essence.

This development came about because, every day in his medical practice, he witnessed the powerful effect emotion could have on health.

He presumably realised that by developing mankind's links with nature, self-healing forces would be encouraged through nature's inherent harmony.

Natural healing with essences gathered from all the continents of the world

Many cultures have recognised the important healing properties of essences collected from flowering plants and trees.

Anyone seeking a better quality of life can benefit from flower and vibrational essence therapy, especially now that essences can be sourced from anywhere in the world.

This, combined with a growing awareness of how returning to nature can bring a greater sense of wholeness to our lives, has led increasing numbers of people to turn to vibrational medicine.



Traditional Thai Yoga Massage. A leading example of excellence in holistic bodywork

In the West, massage tends to focus on physical structures, such as muscle, tissues and joints. Its approach, while often beneficial, is primarily mechanical, with each problem being addressed separately.

Thai Yoga Massage on the other hand treats the body as a whole. Structural posture, energy flow throughout the body, as well as energy lines and points, are all treated together.

A wise choice for those who prefer a more natural approach to remaining well

Thai Yoga Massage treats the whole body. This is particularly important because the body always gives a true reflection of inner states of mind and emotion.

So, while Thai Yoga Massage will deal effectively with sports injuries, structural and postural problems, spinal problems and cranio-sacral problems, it does more.

It creates a feeling of well being that transcends what would otherwise be little more than the carrying out of running repairs.



What's involved and who benefits

No oils are used in Thai massage. Therefore, you can wear loose clothing while you lie on a comfortable mat. It is a relaxing experience that can take either one or two hours.

It is ideal for many conditions – and just as suitable for men, women or children. It is gentle enough for the elderly, but is still highly effective for sports enthusiasts, students of Yoga, martial artists – and will come as a welcome alternative to people who have tried other forms of massage.

- **Gentle rhythmic pressure relaxes the nervous system and allows the muscles to soften**
- **Special stretches interspersed within the massage improve flexibility**
- **Muscles and the connective tissue surrounding the muscle fibres gain greater resting length**
- **This reduces muscle soreness**
- **It also increases the range and motion of joints**
- **Nerves, tissues and organs are also strengthened. So, too, is the circulation of energy around the body.**



A global effect that is continually evolving

Some plants have adapted in order to survive the high levels of solar and terrestrial radiation we now experience.

The genetic information these plants contain can help protect the integrity of the human skin when exposed to the same conditions today.

This knowledge is just one example of how nature and its remedies are evolving to help heal mankind's modern-day ailments.