



## NATUROPATHY

Naturopathy is the practice of providing natural medicine to the body which balances the five elements. It has great health promotive, disease preventive curative & restorative potential. According to naturopathy, the primary cause of disease is the accumulation of orbid matter in the body the elimination of which is the cure. Naturopathy treats the body as a whole. Application of natural therapies helps patients to achieve self-improvement of body and mind.

## ACCESS BAR THERAPY

The access bar is an amazing treatment that involves gently touching 32 points on your head. This supposedly releases anything that does not allow you to receive. These point of access bars contain all the thought, ideas, beliefs, emotions and consideration that you have stored in any lifetimes.



## BACH FLOWER THERAPY

Bach flower therapy help treat support all kind of professional ,psychological condition and pain which includes sadness, anger, irritation, loneliness, fear, anxiety, resentment, uncertainty emotions due to great change despair bottled up emotions and many more.

**Note :** all the above course training includes certification, books, PDF, CD'S and online learning material.

Contact : +91 88509 20901 | [www.beebeyonnd.in](http://www.beebeyonnd.in)



# HOLISTIC HEALTH & WELLNESS SERVICES

By DR BINAL SHAH







## HEALTH

The exact balance or proportion of all the five great elements (Earth, Water, Fire, Air and Space) in the body signifies health which consists of physical, mental, spiritual and emotional well-being.

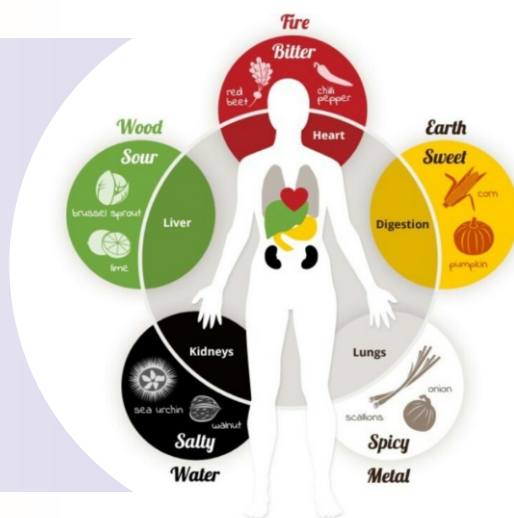
AT BEE BEYONND WE OFFER A VARIETY OF TREATMENT SUCH AS :

## SUJOK THERAPY

Sujok Therapy is an alternative therapy which involves stimulating some pressure points present in the hands & feet.

### 7 Amazing Benefits of Sujok Therapy

1. Treats Mental Disorders
2. Alleviates Physical Disorders
3. Treats Insomnia
4. Heals Injuries
5. Diabetes
6. Back Pain
7. Weight Loss



## HOLISTIC COUNSELLING

Holistic counselling is the process of acquiring optimal health and wellness by balancing body, mind and emotions.

## DIET & WEIGHT MANAGEMENT THERAPY

Food is regarded as medicine in naturopathy it must be taken in its natural form. It mainly consists of three types of Diet:

- 1) Eliminative : liquids
  - 2) Smoothening : fruits, salads, vegetables.
  - 3) Constructive : wholesome flour, vegetables, sprouts, curd.
- It helps in improving health, purifies the body and restores the immune system.

Our weight management all includes various holistic massage therapies, body wraps, cupping therapies & self-hypnosis weight management therapy.



## CLINICAL ACUPUNCTURE

Acupuncture is the use of acupuncture needles or lancets along with electrical, mechanical or magnetic devices to directly or indirectly stimulate acupuncture points and meridians in the human body

Acupuncture includes the following therapies

Moxibustion, Cupping, Infra-Red, Point injection therapy, Ear acupuncture and Scalp acupuncture.

Acupuncture helps to treat condition like headache, migraine, sinusitis, anxiety, insomnia, indigestion, constipation, obesity, low immunity, hypertension, high cholesterol, spondylitis, arthritis, osteoarthritis of knee, respiratory disorder, allergic rhinitis & diabetes.

## ACUPRESSURE

It involves stimulating acupoints with gentle or firm pressure of thumb to promote blood circulation, enhance energy and tone the muscles.



## CUPPING THERAPY

It involves applying cups on the skin for creating suction and stimulating the flow of energy which helps to relieve pain and improve blood circulation.

## ELECTRO HOMEOPATHY

Science based on the principle "likes cures likes" helps in treating disorder in minute doses without any harmful side effects.

