**Restore Your Balance. Reclaim Your Life**

**From Surviving to Thriving After Trauma, cont.**

Perhaps the most significant challenge for those who have faced traumatic illness or injury is integrating their changed lives into their very core essence. Focusing on reclaiming your life, rather than on recovering your life, allows you to move from surviving to thriving. While “recovery” can lead to further injury by trying to get back to the “way things were before,” reclaiming your life allows you to you move forward from surviving to thriving. This process includes restoring balance to your mind body and spirit, letting go of negative thought patterns and self-limiting beliefs, and engaging in conscious wellness.

Restorative healing arts, such as energy work, acupuncture, bodywork, aromatherapy and yoga, play a vital role in bridging the span between functional recovery and whole-person health. Bringing balance to your mind, body and spirit restores your natural energy flow. In the Eastern traditions, the purpose is to clear blocked or restricted energy and restore balance and harmony to the energy system. From the Western viewpoint, these therapies interrupt the pain and stress cycles and promote deep relaxation and create homeostasis. From both perspectives, these therapies tap play an important role in supporting the body’s own natural healing process so that you can achieve and sustain your own optimal wellbeing.

Research has shown these therapies to be safe, gentle and effective. Because of this, these natural healing arts are offered as an important component to the healing process in many of the leading healthcare settings across the country.

The comprehensively trained natural health practitioners of Alternative Therapy will support you in your healing journey close to home. During your medical treatment, restorative therapies can play a significant role in helping to manage your symptoms, as well as stimulating your body's own healing processes. After your medical treatment, restorative healing arts play an important role in achieving and sustaining vitality and wellness.

**Sample of Major Medical Centers**

**Providing Natural Healing Arts**

* The Mayo Clinic
* Duke University Medical Center
* The Cleveland Clinic
* Northwestern Memorial Hospital, Chicago
* MD Anderson Cancer Center
* Beth Israel Deaconess Medical Center, Boston
* New York-Presbyterian Hospital Memorial
* Sloan-Kettering Cancer Center
* University of California, San Francisco
* University of Arizona Medical Center
* Stanford Medical Center

Compassionate touch can also a path to conscious wellness by opening a gateway of awareness. We will work with you to expand your understanding of the mind/body/spirit connection, its impact on your health, and the steps you can take to play an active role in your own ongoing wellbeing.