

# NATURAL HEALTH

YOGA • HOMEOPATHY • ORIENTAL MEDICINE • FELDENKRAIS • AROMATHERAPY • HERBALISM

# 248

**GUARANTEED**

Your miracle 48-hour  
life transformation

**TRY  
NOW**

# Holistic Remedies

**HOME THERAPY**

# AYURVEDIC DETOX

A NEW YOU IN JUST 3 DAYS

Treat yourself  
Energise body & soul  
with sound healing

# BE YOUR OWN FOOD GURU!

Supercharge your health **TODAY!**

**DEEPAK  
CHOPRA**

On learning  
to love

**LYNNE  
FRANKS**

On being true  
to yourself

**BAREFOOT  
DOCTOR**

On nurturing  
your confidence

**FREE**  
for every reader  
2 day gym  
membership for  
you and a  
friend!



**BODYWORK MASTERCLASS** DIY POSTURE TECHNIQUES FOR INSTANT IMPROVEMENT

# Give *yourself* a

# Lift!

Feeling a bit under par? In need of a boost? Liz Alvis takes a look at some healing therapies to help get you back on track

## Traditional Chinese Medicine

Chinese medical massage aims to improve the flow of *qi* (or energy) and blood throughout the body in order to relieve tension and promote healing. Zarig Cooper, a tui na practitioner, says: "It is a natural response to rub and massage areas of the body that are painful or tense and if you take time out, for a few minutes, to perform a more focused routine using simple techniques you can quickly relax your body and mind and renew your concentration and energy levels."

**1** Put the whorled surfaces of both thumbs on the temples and with gently but firm pressure repeatedly rub them in a circular motion. The exercise should take eight deep breaths to complete.

**2** Run your hands through your hair, applying pressure alternately with the finger tips, nails and palms. Cover the whole head from front to back – do this eight times.

**3** Invert the hands and place the thumbs at the back of the head, either side on the spine just below the skull. Again, press and rub both areas with small circular motions for eight deep breaths.

Zarig can be contacted on [zarig@hotmail.com](mailto:zarig@hotmail.com). For more info contact London College of Traditional Acupuncture and Oriental Medicine ([lcta.com](http://lcta.com)).