

holistic wellness clinic Chiang mai

Finding Your Inner Peace: A Guide to Holistic Wellness Clinics in Chiang Mai

Are you yearning for a deeper connection to your well-being? Feeling overwhelmed by the stresses of modern life and craving a truly rejuvenating experience? Then look no further than the serene havens of Chiang Mai, Thailand, where a vibrant community of holistic wellness clinics awaits. This comprehensive guide dives deep into the world of holistic wellness clinics in Chiang Mai, helping you navigate your options and discover the perfect sanctuary for your mind, body, and spirit. We'll explore what makes these clinics unique, the various treatments offered, and how to choose the right one to meet your specific needs. Get ready to embark on a journey towards optimal health and lasting well-being.

Understanding Holistic Wellness: More Than Just a Trend

Before we delve into the specifics of Chiang Mai's holistic wellness scene, let's clarify what "holistic wellness" truly means. Unlike traditional medicine that often focuses on treating individual symptoms, holistic wellness takes a more integrated approach. It considers the interconnectedness of your physical, mental, emotional, and spiritual well-being. A holistic approach aims to address the root causes of imbalances, promoting overall harmony and preventing future health issues. This isn't just about feeling better; it's about feeling whole.

The Unique Charm of Holistic Wellness Clinics in Chiang Mai

Chiang Mai provides a uniquely enriching environment for holistic wellness practices. The city's tranquil atmosphere, surrounded by lush mountains and ancient temples, fosters a sense of calm and introspection conducive to healing and self-discovery. Many clinics leverage the region's rich natural resources, incorporating traditional Thai medicine, herbal remedies, and mindful practices into their treatments. This blend of ancient wisdom and modern techniques makes Chiang Mai a truly exceptional destination for those seeking comprehensive wellness solutions.

Types of Treatments Offered at Holistic Wellness

Clinics in Chiang Mai

The variety of treatments offered at holistic wellness clinics in Chiang Mai is impressive. You'll find a range of options to suit diverse needs and preferences, including:

Traditional Thai Massage: This ancient healing art involves gentle stretching, acupressure, and rhythmic massage to relieve muscle tension, improve circulation, and promote relaxation.

Ayurvedic Treatments: Rooted in ancient Indian medicine, Ayurvedic treatments aim to balance the body's doshas (energies) through personalized therapies like herbal remedies, dietary adjustments, and yoga.

Yoga & Meditation: Numerous clinics offer classes in various yoga styles, meditation techniques, and mindfulness practices to enhance mental clarity, reduce stress, and improve emotional well-being.

Herbal Remedies & Detoxification Programs: Chiang Mai's abundance of medicinal plants allows clinics to create bespoke herbal remedies and detoxification programs tailored to individual needs.

Energy Healing: Techniques such as Reiki and Pranic healing are employed to balance energy flow within the body, promoting healing and relaxation.

Spa Treatments: Many clinics offer luxurious spa treatments incorporating natural ingredients to nourish the skin and enhance relaxation.

Choosing the Right Holistic Wellness Clinic in Chiang Mai

Selecting the right clinic depends on your individual needs and preferences. Consider the following factors:

Treatment Specialization: Does the clinic specialize in a particular modality that aligns with your health goals?

Therapist Qualifications & Experience: Research the qualifications and experience of the therapists to ensure they're qualified and experienced in the chosen treatment.

Reviews & Testimonials: Check online reviews and testimonials from previous clients to gauge their experiences and satisfaction levels.

Clinic Atmosphere & Environment: Visit the clinic if possible to assess the atmosphere and ensure it aligns with your preferences for a relaxing and peaceful environment.

Cost & Packages: Compare prices and packages offered by different clinics to

find one that fits your budget.

Beyond the Treatments: Cultivating Lasting Wellness

While the treatments offered at holistic wellness clinics in Chiang Mai are crucial, lasting wellness requires a holistic lifestyle change. Consider incorporating the following into your daily routine:

Mindful Eating: Pay attention to the food you consume, choosing nutritious and wholesome options.

Regular Exercise: Find a physical activity you enjoy and incorporate it into your routine.

Stress Management Techniques: Practice stress-reducing techniques such as meditation, yoga, or deep breathing exercises.

Sufficient Sleep: Aim for 7-8 hours of quality sleep each night.

Connection with Nature: Spend time in nature to connect with the earth and improve your well-being.

Conclusion

Embarking on a journey of holistic wellness in Chiang Mai can be a transformative experience. The city's unique blend of traditional healing practices and modern therapies, coupled with its serene atmosphere, creates the ideal setting for self-discovery and rejuvenation. By carefully researching and selecting a clinic that resonates with your needs and preferences, you can embark on a path towards optimal health and lasting well-being. Remember, the journey to holistic wellness is a personal one – embrace it, cherish it, and enjoy the profound benefits it offers.

FAQs:

1. Are holistic wellness treatments covered by insurance? Generally, holistic wellness treatments are not covered by standard health insurance plans. However, some supplemental insurance policies might offer partial coverage. It's best to check with your insurance provider directly.
1. How long should I stay in Chiang Mai for a holistic wellness retreat? The ideal duration depends on your goals and the type of treatments you plan to receive. A week-long retreat can provide a significant benefit, but longer stays can allow for deeper transformation.

1. What should I pack for a holistic wellness retreat in Chiang Mai? Pack comfortable clothing suitable for yoga and other activities, loose-fitting natural fabrics, sunscreen, insect repellent, and any personal toiletries you may require.

1. Is it safe to travel to Chiang Mai for a wellness retreat? Chiang Mai is generally a safe city for tourists. However, as with any travel destination, it's always wise to take standard safety precautions and be aware of your surroundings.

1. How can I find a reputable holistic wellness clinic in Chiang Mai? Start by researching online, reading reviews, and checking for certifications and qualifications of therapists. You can also ask for recommendations from friends or travel agents who have experience with wellness retreats in Chiang Mai.

holistic wellness clinic chiang mai: Healing Hotels of the World Anna Löhlein, 2012-12-07

Diese exklusive Zusammenstellung von Hotels und Resorts auf der ganzen Welt ist Ausdruck einer der größten Bewegungen des modernen Zeitalters: ganzheitliche Gesundheit und Wohlbefinden. Unser hektischer Alltag führt uns mehr und mehr zu der Erkenntnis, dass Urlaub und Reisen eine Atempause sein können – eine Chance zur körperlichen und geistigen Erneuerung. Dieser Reiseguide stellt Unterkünfte auf allen fünf Kontinenten vor, die ihren Gästen Wege aufzeigen, wie sie die Verantwortung für eine gesunde Lebensführung selbst in die Hand nehmen können – sei es durch Wellnessbehandlungen, eine gesundheitsfördernde Küche, Fitness- und Entspannungstrainings, Gesundheitsberatung oder Lifestyle-Coaching. Eingebettet in inspirierende Landschaften, von saftigen Berghängen bis zu idyllischen Tropenstränden, sind diese einzigartigen Refugien die ideale Alternative für alle, die ihr Leben in ausgeglichene Bahnen lenken möchten.

holistic wellness clinic chiang mai: Health and Wellness Tourism Melanie K. Smith, László Puczkó, 2009 Health and Wellness Tourism takes an innovative look at this rapidly growing sector of today's thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the management implications of these developments. A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

holistic wellness clinic chiang mai: Bangkok Guide, 2005

holistic wellness clinic chiang mai: 1001 Escapes to Experience Before You Die Helen Arnold, 2009 Vacation travelers seeking truly unusual destinations and unforgettable experiences

will find a wealth of ideas in this beautiful volume that represent a genuine escape from the merely ordinary.

holistic wellness clinic chiang mai: Karsai Nei Tsang Mantak Chia, 2011-07-08 An illustrated guide to releasing emotional and physical blockages in the pelvic area through massage • Presents step-by-step instructions for sexual organ massages for women and men • Explains techniques to release knots, unravel nerve and lymphatic tangles, dissolve toxins and sediments, and increase blood flow • Effective for impotency, frequent and difficult urination, painful menstruation, ovarian cysts, menopause symptoms, painful intercourse, and low libido as well as back pain, sciatica, and hormone imbalance Our sexual organs play a major role in our physical and emotional health. Many emotional traumas and stresses are stored in the pelvic region in the form of tension in the muscles, ligaments, and tendons and imbalances in the meridians and organs, resulting in an accumulation of toxins and energetic knots and tangles. Freeing the jing chi of the sexual organs--a powerful source of healing energy--Karsai Nei Tsang helps to resolve physical and emotional blockages in the pelvic area through massage, meridian clearing, and detoxification. Illustrating complete sexual organ massages for women and for men, this book guides you through the techniques of Karsai Nei Tsang--including necessary detox preparations and the underlying Chi Nei Tsang principles--and shows you how to release knots and tight muscles (including the hip, buttock, and thigh muscles), unravel nerve and lymphatic tangles, dissolve toxins and sediments, and increase blood flow to the pelvic area. Addressing common problems associated with our sexual organs, this practice can be used to treat impotency, frequent and difficult urination, painful menstruation, ovarian cysts, menopause symptoms, painful intercourse, and low libido. It is also effective in alleviating back pain and sciatica, improving the body's alignment, strengthening the pelvic floor, balancing the hormones, and increasing general vitality.

holistic wellness clinic chiang mai: Chi Nei Tsang Mantak Chia, 2006-12-26 An ancient Taoist system for detoxifying and rejuvenating the internal organs • Presents techniques to clear blockages in the body's energy flow • Includes illustrated exercises to relieve common ailments, revitalize the organs, and enable readers to take charge of their own health and well-being • Focuses on the navel center, where negative emotions, stress, and illness accumulate The techniques of Chi Nei Tsang evolved in Asia during an era when few physicians were available and people had to know how to heal themselves. Many people today have symptoms that modern medicine is not able to cure because a physical source for the problem is not easily found. The energies of negative emotions, stress, and tension--all common in modern life--and the weight of past illness accumulate in the abdominal center, causing energy blockages and congestion. When this occurs, all vital functions stagnate and myriad problems arise. By practicing the techniques of Chi Nei Tsang, this stagnation is removed and the vital organs surrounding the navel center are detoxified and rejuvenated. Master Chia teaches readers how to avoid absorbing negative energies from others and take full charge of their health through the self-healing techniques of Chi Nei Tsang. He offers fully illustrated exercises that show how to detoxify the internal organs and clear the energy (chi) channels throughout the body. He also presents methods for balancing emotions, managing stress, and observing the body in order to recognize, ameliorate, and prevent maladies before they become a problem.

holistic wellness clinic chiang mai: Inner Alchemy Astrology Mantak Chia, Christine Harkness-Giles, 2013-07-01 Strengthen the qualities in your Taoist astrological chart with Inner Alchemy techniques and Universal Healing Tao exercises • Describes how to interpret your Taoist astrology birth chart and discover the unique combination of Five Elements underlying your personality, health, and destiny • Reveals how to strengthen your birth chi with Inner Alchemy techniques and Universal Healing Tao exercises • Explains how to calculate your wealth phase, organ health, and luck cycles Each of us is born with a unique combination of heavenly and earthly energies dictated by the stars overhead and the season on Earth at the moment you take your first breath. Known in Taoist astrology as the Four Pillars of Destiny, this "birth chi" can be calculated using the year, month, day, and time of your birth. Master Mantak Chia and astrologer Christine

Harkness-Giles reveal how to interpret your birth chi and strengthen weaknesses within your astrological energies. They explain how each of us is ruled by one of the Five Elements--Wood, Fire, Earth, Metal, and Water--in a Yin or Yang state. For each Element and Yin or Yang combination, the authors describe personality traits, ideal career paths, and emotional and health issues. They reveal how to discover your levels of success, wealth, and power; how your astrological strengths will manifest; and how to understand your relationships with partners, friends, and family. They also explain how to use your chart to calculate your organ health and annual luck cycles. The authors show how to use Inner Alchemy techniques, such as color therapy and feng shui, and Universal Healing Tao exercises, such as the Healing Sounds and Chi Kung, to harmonize and strengthen the inborn imbalances and weaknesses in your chart. This hands-on method of astrology allows you to take control of your health and destiny by connecting your personal energy with the energies of the cosmos.

holistic wellness clinic chiang mai: SuperWellness Edith Ubuntu Chan, 2017-12

holistic wellness clinic chiang mai: *Promoting Access to Medical Technologies and Innovation - Intersections between Public Health, Intellectual Property and Trade* World Intellectual Property Organization, 2013 This study has emerged from an ongoing program of trilateral cooperation between WHO, WTO and WIPO. It responds to an increasing demand, particularly in developing countries, for strengthened capacity for informed policy-making in areas of intersection between health, trade and IP, focusing on access to and innovation of medicines and other medical technologies.

holistic wellness clinic chiang mai: *Rock to Recovery* Wes Geer, Constance Scharff, 2021-07-07 Tens of thousands of Americans die from substance abuse and suicide each year. Millions more suffer from mental health disorders. Rock to Recovery -- an innovative, therapeutic music program serving more than one hundred addiction treatment and mental health facilities in the USA -- steps into the breach to offer participants help and hope. By writing, playing, and recording music as a group, non-musicians are able to build a community of support, find enthusiasm for treatment, and realize that recovery is possible. Veterans, trauma survivors, and those struggling with substance abuse or mental health issues can recover with connection. This book contains eighteen stories of people who have used Rock to Recovery's music program to live a better life. You too can use music to heal. Music Is the Medicine!

holistic wellness clinic chiang mai: The Lausanne Covenant John R. W. Stott, 1975

holistic wellness clinic chiang mai: Veterinary Herbal Medicine Susan G. Wynn, Barbara Fougere, 2006-11-29 This full-color reference offers practical, evidence-based guidance on using more than 120 medicinal plants, including how to formulate herbal remedies to treat common disease conditions. A body-systems based review explores herbal medicine in context, offering information on toxicology, drug interactions, quality control, and other key topics. More than 120 herbal monographs provide quick access to information on the historical use of the herb in humans and animals, supporting studies, and dosing information. Includes special dosing, pharmacokinetics, and regulatory considerations when using herbs for horses and farm animals. Expanded pharmacology and toxicology chapters provide thorough information on the chemical basis of herbal medicine. Explores the evolutionary relationship between plants and mammals, which is the basis for understanding the unique physiologic effects of herbs. Includes a body systems review of herbal remedies for common disease conditions in both large and small animals. Discusses special considerations for the scientific research of herbs, including complex and individualized interventions that may require special design and nontraditional outcome goals.

holistic wellness clinic chiang mai: *The Detox Miracle Sourcebook* Robert Morse, 2012-01-24 The Detox Miracle Sourcebook shows you how to cleanse your body of the poisons that are destroying your health, and start the process of complete cellular regeneration that leads to true healing. Based on 30 years of clinical experience, treating thousands of people with conditions ranging from OVERWEIGHT to CANCER, Dr. Robert Morse reveals his ultimate healing system - the Detox Miracle! • Covers the A-Z of Detoxification, including: Why do it? When to do it? What to

expect? How it works, and how long it takes. • Explains the uses of specific raw foods and herbs for cleansing and healing every organ, system, and unbalanced condition in the body. • Details the interface of body, mind and soul in the achievement of lifelong health. • Presents the Detox Miracle Diet, and how to adapt it for life. • Includes dozens of easy-to-use References: lists of herbs, herbal formulas, properties of foods, minerals, phytochemicals, and cell salts, etc.; along with raw food recipes; a detailed Index; broad-based Resource Guide; and extensive Glossary and Bibliography. ONE THING I KNOW about Dr. Morse is that he has walked his talk. This amazing book leads you step-by-step through every facet of detoxification and vitality building. A treasure chest of information for the beginner and the advanced health-seeker alike. -David Wolfe, CEO:www.rawfood.com, author of The Sunfood Diet Success System and Eating for Beauty. EXTREMELY PRACTICAL; a most informative tool. Helping others to help themselves through education provides a lasting impression upon their overall health. What better way to serve the Lord than to educate the masses. -Gary L. Axley, N.M.D., D.O.; president of Southern College of Naturopathic Medicine. CAREFULLY RESEARCHED. A "must" for the professional practitioner as well as for the layperson. Destined to become a classic. -Donald Vesser Bodeen, D.C., Ph.D. I HAVE USED DR.MORSE'S program and his herbs with many cases over the years, and with great success. This method is the real healing method for today and the future. -William Christner, N.D., C.M. THE STUDY OF THIS BOOK will be a spiritual, mental, and physical blessing for complete body health. Thank you, Dr. Morse, for a wonderful book! -Dr. Ed David, N.D., Health Education Center. Natural Health \$29.95 HOHM PRESS The Detox Miracle Sourcebook MORSE

holistic wellness clinic chiang mai: Ayurveda And Panchakarma The Science Of Healing And Rejuvenation Sunil V, Joshi, 1998 The area of Ayurveda known as Panchakarma is a comprehensive system of knowledge and practices to purify the body of toxins and restore it to balance with natural law. This book reflects the way the original text of Ayurveda, the Charak Samhita, first presented this knowledge. The first section explores in detail the principles which define Ayurveda as a science of life and health. The second section delves more deeply into the Ayurvedic understanding and how to treat it. This section begins with an elaboration of six stages of disease formation and then systematically unfolds the knowledge of Panchakarma, the science of rejuvenation.

holistic wellness clinic chiang mai: Body Intelligence Ged Sumner, 2009-12-15 Body Intelligence offers a new understanding of how the body works and leads the reader to a greater sense of wellbeing and an enriched sense of self. The anatomy of the body is explored without the complexity of medical terminology. Instead, common descriptions are used along with a multitude of images, allowing the reader to visualize and work with different levels of the body. Experiential exercises, guided meditations and movements are provided throughout the book, helping the reader to develop improved levels of health and body intelligence that are natural and accessible all the time. As body intelligence increases through these exercises, physical changes occur and a new posture emerges, followed by positive mental and emotional shifts. The reader will begin to feel differently, move differently and think differently. This book will benefit everyone. People experiencing depression, fatigue, emotional issues, stress and anxiety and in fact any condition associated with living in a human body have the potential to be relieved of their symptoms with practice using this book as guidance.

holistic wellness clinic chiang mai: Perspectives on Wellbeing , 2019-06-24 The study of wellbeing is not new. Over two millennia ago, the Ancient Greeks were already debating different conceptions of the good life, and how it may be fostered, albeit a debate for the privileged in ancient Greek society. More recently, the post-WWII concern with economic scarcity gave way - as prosperity rose in the later 20th century - to values such as personal growth and social inclusion. In parallel, research has increasingly turned its focus to wellbeing, going beyond traditional measures of income, wealth and employment. Greater attention is now paid to the subjective experience of wellbeing which, it is broadly agreed, has many dimensions such as life satisfaction, optimal functioning and a good quality of life. Perspectives on Wellbeing: A Reader brings together a number

of chapters that examine wellbeing from different disciplinary perspectives. A number of the chapters take the angle of human flourishing, looking at the respective contributions of belonging, emotional resilience, spirituality, prosocial behaviour, literacy and leisure. Others look at wellbeing through a social relations lens, including family relations, youth, persons with disability and gender. Finally, a chapter on wellbeing and economics illustrates different approaches to measuring wellbeing and identifying its determinants. The book concludes with a chapter that argues for the enduring importance of the welfare state if the wellbeing of all is to be ensured. This book is likely to be of interest to both undergraduate and postgraduate students in the social sciences as well as to a general readership. Contributors are: Angela Abela, Andrew Azzopardi, Paul Bartolo, Marie Briguglio, Amy Camilleri Zahra, Joanne Cassar, Marilyn Clark, Ruth Falzon, Vickie Gauci, Ingrid Grech Lanfranco, Natalie Kenely, Mary Anne Lauri, Marceline Naudi, Claudia Psaila, Clarissa Sammut Scerri, Sandra Scicluna Calleja, Barbara Stelmaszek, Sue Vella, and Val Williams.

holistic wellness clinic chiang mai: Ayurveda Kim Inglis, 2012-05-29 Discover India's age-old beauty secrets through the ancient wellness regimen known as Ayurveda. Healing therapies are clearly explained and illustrated with lovely photographs that bring to life the benefits of this 5,000-year-old Asian medical tradition. Treatments and practices from India's other healing systems--Unani, Siddha and Tibetan traditional medicine--are also included in the book. With sections devoted to various meditation and yoga practices as well as natural beauty treatments for hair, face and body, *Ayurveda: Asian Secrets of Wellness, Beauty and Balance* is an enlightening introduction to holistic health systems with ultimate spiritual goals. Discover Indian beauty secrets and information on healing with metals, minerals, crystals and gemstones as well as mendhi (henna) and chakra alignment. Includes a helpful listing of ayurvedic hospitals, homestays and treatment centers.

holistic wellness clinic chiang mai: Orthopedic Massage Whitney W. Lowe, 2009-04-08 Fully updated and revised *Orthopedic Massage* has been written for those interested in understanding and applying massage as an intervention for soft-tissue disorders. Recent research into the physiological effects of massage has strengthened the justification for its use in the treatment of soft-tissue pain and injury conditions. Orthopedic soft-tissue problems are common among the general population, whether from sports, occupational activities, or chronic pain. This text presents a comprehensive and in-depth look at the physiological nature of these conditions and the massage treatments most effective for their relief. A particular contribution this text makes is its validation for the role of massage in treating orthopedic conditions. In addition, it aims to help the clinician understand the relationship between the soft tissues to which they apply their techniques and the overall orthopedic disorder affecting their clients. Although written chiefly for massage practitioners, the lessons it teaches are relevant to any practitioner who is concerned with the treatment of soft-tissue injuries. Includes detailed technical information, extensive illustrations, and reliable reference material essential to everyday practice. Provides a comprehensive approach to treatment of common soft tissue pain and injury. Explains common orthopedic problems in detail, addressing biomechanics, kinesiology, and anatomy. Provides an in-depth discussion of the physiologic rationale for soft tissue treatments and explains those most effective for each condition. Integrates treatment approaches from across the field and gives detailed, easy-to-follow steps for their application. Compares traditional treatments with soft tissue manipulation for each problem discussed. Clearly links anatomy, physiology, and biomechanics with clinical practice. Designed for quick and easy reference with more than 200 high-quality full colour illustrations and numerous photos of treatment techniques. New clinical case studies and tips illustrate the techniques discussed. Now presented in full colour. New step-by-step photographs depict the techniques described in full detail. Increased artwork and photographs make learning more visual. Case studies demonstrate techniques and management in clinical practice. Clinical hints and tips throughout. Greater guidance in treatment strategies to include 'Treatment Approaches' and 'Rehabilitation Protocol Considerations'.

holistic wellness clinic chiang mai: Understanding the Global Spa Industry Gerard

Bodeker, Gerry Bodeker, Marc Cohen, 2010-08-20 • Spa services and the development of the spa business from its historical beginnings to the size of the market today. • Business development and planning, spa operations and business models. • Spa products and technologies, retailing and the application of branding and marketing strategies. • Infrastructure, design and environmental issues including sustainability and social and environmental benchmarking. • Human resources issues from education and training to professional and regulatory issues and professional and corporate ethics and values.

holistic wellness clinic chiang mai: *The American Psychiatric Association Practice Guideline for the Pharmacological Treatment of Patients With Alcohol Use Disorder* American Psychiatric Association, 2018-01-11 Alcohol use disorder (AUD) is a major public health problem in the United States. The estimated 12-month and lifetime prevalence values for AUD are 13.9% and 29.1%, respectively, with approximately half of individuals with lifetime AUD having a severe disorder. AUD and its sequelae also account for significant excess mortality and cost the United States more than \$200 billion annually. Despite its high prevalence and numerous negative consequences, AUD remains undertreated. In fact, fewer than 1 in 10 individuals in the United States with a 12-month diagnosis of AUD receive any treatment. Nevertheless, effective and evidence-based interventions are available, and treatment is associated with reductions in the risk of relapse and AUD-associated mortality. The American Psychiatric Association Practice Guideline for the Pharmacological Treatment of Patients With Alcohol Use Disorder seeks to reduce these substantial psychosocial and public health consequences of AUD for millions of affected individuals. The guideline focuses specifically on evidence-based pharmacological treatments for AUD in outpatient settings and includes additional information on assessment and treatment planning, which are an integral part of using pharmacotherapy to treat AUD. In addition to reviewing the available evidence on the use of AUD pharmacotherapy, the guideline offers clear, concise, and actionable recommendation statements, each of which is given a rating that reflects the level of confidence that potential benefits of an intervention outweigh potential harms. The guideline provides guidance on implementing these recommendations into clinical practice, with the goal of improving quality of care and treatment outcomes of AUD.

holistic wellness clinic chiang mai: *Self Massage and Joint Mobilization of Traditional Thai Yoga* David Wells, 2016-08-25 Learn how to reduce joint pain and stiffness and muscle aches and pain naturally with this fully illustrated, step-by-step guide to the Self Massage and Joint Mobilization Techniques of Traditional Thai Yoga Reusi Dat Ton, the traditional holistic self-care system of Thailand. After an enlightening introduction to traditional Thai yoga, Wells dives into step-by-step instructions and color photos allowing you to start practicing these techniques on your own. These gentle low-impact techniques will help you to: Reduce joint pain and stiffness Ease muscle aches and pains Improve flexibility and range of motion Reduce neck, shoulder, back, hip, and knee pain Improve circulation Increase your energy and vitality Reduce stress Increase your mobility and pain-free movement during your daily activities Save money by learning how to give yourself a full body Thai style massage Improve your massage skills by learning the system which is the origin of traditional Thai massage Deepen your yoga knowledge and practice by studying this little known yoga tradition from Thailand. The thorough guide stays true to its traditional roots, serving as a rich resource to yoga students, massage therapists, and all people who want to improve their health and vitality. I have been doing the Thai Yoga Joint Mobilization exercises almost daily for 6 months now. My balance and strength have improved immensely. It helps relieve the morning stiffness that comes with aging. I am so glad to have all of this information at my fingertips as I get older. Jo Jensen, LMT Thai Yoga Reusi Dat Ton offers healing practices that are as close to magic as I've ever gotten! They are simple exercises, postures, and other tools that bring energy, relieve joint pain, sore muscles, and back pain while improving both flexibility and range of motion. This gorgeous book reveals for the first time both the lore and wisdom of these ancient practices. Carol Sullivan, PhD, E-RYT Thai Yoga is a wonderful gift which has truly improved my life! Thanks to David Wells for this carefully researched and meticulously detailed manual. As a massage therapist and

yoga instructor the work has become an important daily practice for me and one that I share with my clients. The exercises help me to prepare my body for the day, identify limitations and restrictions in my body and balance my energy. The self-massage practice gives me a soothing way to treat those issues and heal myself. I use Thai Yoga to relieve tension headaches, reduce neck and shoulder tension and pain, improve a chronic back injury by mobilizing the low back and hips and releasing the accompanying muscles with self-massage. I also find the practice to reduce stress and increase energy. Most important Thai Yoga is really fun and feels good. I recommend this practice for everybody! Jennifer Vanderburg, LMT Thai Yoga Joint Mobilization is part of my personal daily practice and something I recommend to all my clients for keeping joints open and in full function. It can be practiced standing or seated, making it accessible to people at any level of health. Jill Strong-Harman LMT, Founder/ Director Yin Thai Somatics Thai Yoga has done more to free me from pain than anything else I've ever tried. For most of my adult life I endured crippling back, neck and joint pain due to several injuries. Now after a year and a half of daily practice of the joint mobilization exercises, I have virtually no pain and every muscle feels energized. I have gone from almost disabled to fully functional and can work and play like I did when I was a young man. I am self-sufficient and master of my physical health for the first time in my adult life. It has literally given me my life back! James Galusha

holistic wellness clinic chiang mai: Running a Marathon For Dummies Jason Karp, 2012-10-18 Get ready to run the race of your life Marathons in the U.S. have seen record increases in participation during the past few years. Running a Marathon For Dummies helps aspiring marathon runners prepare to successfully complete their first race, and shows experienced runners how to take their game to the next level. Running a Marathon For Dummies gives you exercises, programs, and tips to improve your running stamina, speed, and overall health. It takes you from sitting on the couch through running your first 26.2 mile marathon—and beyond. For seasoned runners, Running a Marathon For Dummies offers tips and advice for how to continue improving performance through drills, exercises, and other techniques. Provides a timed training promise for runners of all skill levels, from non-runners, first marathoners, and mid-race runners to more experienced runners Includes information on how running increases heart strength, keeps illnesses away, keeps arteries clear, and improves a person's mood Gives you drills, exercises, and techniques to improve your endurance Whether you're a couch potato or a regularly hit the asphalt, Running a Marathon For Dummies gives you everything you need to run the race of your life.

holistic wellness clinic chiang mai: Indigenous Peoples' Food Systems Harriet V. Kuhnlein, Bill Erasmus, Dina Spigelski, 2009 Today, globalisation and homogenisation have replaced local food cultures. The 12 case studies presented in this book show the wealth of knowledge in indigenous communities in diverse ecosystems, the richness of their food resources, the inherent strengths of the local traditional food systems, how people think about and use these foods, the influx of industrial and purchased food, and the circumstances of the nutrition transition in indigenous communities. The unique styles of conceptualising food systems and writing about them were preserved. Photographs and tables accompany each chapter.

holistic wellness clinic chiang mai: The Nature of Things Satyatma, 2009-04-01 The Nature of Things is a spiritual reference book. Written in the form of poetry, prose, and prayers, the writings are gentle and uplifting reminders of the beautiful and spiritual nature of existence. They are offered as a source of inspiration and guidance, as well as help in times of confusion and trouble. Sublimely poetic, with beautifully laced language, this book offers a truly unique way of changing how we see existence and how we see ourselves. Simultaneously comforting and enlightening, it is a remarkably empowering tool for self-transformation - one of those rare books that can actually change lives. Satyatma, the name of the author, in Sanskrit means The Soul of Truth, or The Truth of the Self. Satyatma is a lecturer and teacher of integrated spirituality, yoga, and meditation. He specializes in teaching the practical application of yogic and eastern philosophy - making yogic philosophy real.

holistic wellness clinic chiang mai: Trigger Point Dry Needling Jan Dommerholt, PT, DPT,

MPS, Cesar Fernandez de las Penas, 2013-01-15 This exciting new publication is the first authoritative resource on the market with an exclusive focus on Trigger Point ((TrP) dry needling. It provides a detailed and up-to-date scientific perspective against which TrP dry needling can be best understood. The first section of the book covers important topics such as the current understanding and neurophysiology of the TrP phenomena, safety and hygiene, the effect of needling on fascia and connective tissue, and an account on professional issues surrounding TrP dry needling. The second section includes a detailed and well-illustrated review of deep dry needling techniques of the most common muscles throughout the body. The third section of the book describes several other needling approaches, such as superficial dry needling, dry needling from a Western Acupuncture perspective, intramuscular stimulation, and Fu's subcutaneous needling. Trigger Point Dry Needling brings together authors who are internationally recognized specialists in the field of myofascial pain and dry needling. First book of its kind to include different needling approaches (in the context of evidence) for the management of neuromuscular pain conditions Highlights both current scientific evidence and clinicians' expertise and experience Multi-contributed by a team of top international experts Over 200 illustrations supporting the detailed description of needling techniques

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pain and ophthalmic diseases, he has written The Black Book of Micro Acupuncture 48 to explain the theory and clinical applications behind the Micro Acupuncture 48 system and to help the practitioner to understand and correct underlying factors that drive the pain and dysfunction the people experience. Additionally, Dr. Rosenfarb describes Micro Acupuncture 48's ophthalmic applications for degenerative eyes conditions like macular degeneration, retinitis pigmentosa, glaucoma and diabetic retinopathy - including case studies for the practitioners benefit. Researchers are encouraged to review a list of acupuncturists trained in Micro Acupuncture 48 at www.microacupuncture48.com. The true mark of an expert professional is one that conveys the idea so somebody like me (a novice) can easily do and apply the ideas presented. Andy does just this in his new book! I don't have much experience with ophthalmic acupuncture but by reading his book I have been able to apply his ideas, theories, and points IMMEDIATELY! I have always respected and valued what Andy does and has done for our profession. This book is MUST for anybody wanting to help their patients! I'm grateful and thankful for Andy! Bravo! Amazing work! Brad Whisnant, DAOM, LAc

The Black Book of Micro Acupuncture 48 by Andy Rosenfarb is an instant classic in the field of Acupuncture. Introducing this new acupuncture system called Micro Acupuncture 48, a contemporary acupuncture system using only 48 newly discovered acupuncture points. Dr. Rosenfarb is the world's leading practitioner in the field of TCM Ophthalmology. He shares the secrets of Micro Acupuncture 48 with treatment methods, strategies and frequencies of treating Pain & Ophthalmic Diseases, including guidelines and detailed case studies. This book is a must for all Acupuncturists and TCM practitioners wanting to practice a highly effective form of Micro Acupuncture! Robert Chu, PhD, LAc., QME

This book is an invaluable resource for practitioners who are interested in treating pain, degenerative eye diseases and other chronic neurological conditions. As a profession we are fortunate that Andy, a highly experienced academic and clinical practitioner, is sharing his vast knowledge with us. For the first time in print, a thorough explanation of Micro Acupuncture 48 theory and practice will allow the practitioner to begin using these techniques immediately and improving their clinical results. Matt Callison, LAc.

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