

HΣaling ARTs Newsletter

Volume 1, Issue 1

March 2008

A HΣaling ART Alternative!

Introduction from the HΣART

By Monica Lotz & Francesco Belmonte

HΣaling ARTs

HΣaling ARTs, a partnership owned by Monica Lotz and Francesco Belmonte officially began operating January 1, 2008. HΣaling ARTs is a service offering alternative methods of healing therapies which includes Reiki, Reflexology, Auricular coning (Ear candling), Ion Foot Cleanse, Aromatherapy, Fitness and Nutritional Consultation.

The content of this newsletter is meant to compliment your physicians advice. Always consult your physician prior to engaging in any alternative healing practice.



“The Cure is in You”

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HΣaling ART:

Detox & Cleansing

By Francesco Belmonte
HΣaling ARTs

Since the very beginning of time, man turned to himself for answers to questions on healing. He has fasted and cleansed his human body as a spiritual practice, to offer it a period of “rest”, a *Sabbath* if you will, of its biological functions, pushing a systems %reset+button and to rid it from a lifetime of toxins!

Our bodies are bombarded daily with all manner of chemicals, toxicity; we breath it, we drink it and we ingest it . most of us need to be made consciously aware of this. While the rest are slowly becoming more aware, the question we continue to ask is: %what are the wise choices?+and with the appropriate tools youd be better educated to decide what is right for you. This newsletter is one great way because Iqn going to tell you the way it is.

There are direct and indirect methods of cleansing. Some direct methods are: Auricular Coning, ION Foot Spa, Fasting, Colonic Cleansing and Herbal Detox kits. Indirect methods are the ones which %assist+the natural process the body undergoes during the elimination of built up toxins. Reflexology, Aroma Therapy, Reiki, RMT Massage and maintaining an Active Lifestyle are just to mention a few.



REIKI: The Power to Heal Ourselves? Others?

Reiki can be a great healing practice.

By Francesco Belmonte
Healing ARTs

Healing is an ART and it's what the human body does naturally when at rest. Well, naturally we're not in a world that's so natural anymore. So what's the answer? Does the human body heal itself or is it due to the medication, herbs, vitamin/mineral formula? Lifestyle changes? Maybe, it's all in our minds?

Placebo has been used for countless research studies and remains to be measured against the other group during tests. and it will always have a measurable effect! So, the question now is how much of a placebo effect can you cause on yourself? If energy is channeled with the intention of sharing the effect is immeasurable.

Using Reiki Energy for Healing

What is Reiki? For those of you that are unfamiliar with this practice, it's simply the transference of energy from an outside source and through a Reiki practitioner. By either the placing of or suspending of the hands over specific areas of the body the receiver then begins to receive this energy to stimulate the natural healing process similar to the energy that flows into and through the body after a restful night of sleep.

I'm a firm believer that there is (and I'm biting my tongue trying not name any denomination) a "Supreme Being" for each and every one of us - for every living and inanimate thing. With or without a Name, as it were, is where the energy Source originates and I couldn't begin to tell you or explain how this works. I just know that it does work.

Belief systems are personal and I have the utmost, profound respect and admiration for them all. Belief is of great importance when putting yourself, or more importantly your health, in the hands of any healer.

First, believe in the healing method. Second, experience it to the extent that it becomes a knowing. Beliefs can be changed. knowing is for life!

There's much to be learned from collaboration. Being in the Now is where we learn about ourselves.

Reiki



The word Reiki (pronounced **Ray-Key**) is Japanese "**Kanji**" for universal life-force energy. Reiki is a Japanese holistic, light-touch, energy-based modality.

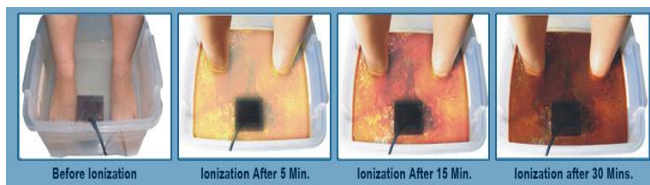
Through a series of hand positions, either directly on or just above the body, the Reiki therapist channels this energy transferring it to the client's body. The client's body then draws upon this energy in the amount that is required for healing.

Auricular Coning (Ear Candling)



Auricular coning (also known as ear candling) has been practiced for many years. The method used in Auricular (ear) Candling is to help in cleansing the ear canal by the vacuum effect of the candle's draw. This may withdraw debris, wax plugs and assist in opening up the **Eustachian Tubes** when they are blocked.

ION Foot Spa Detox



The Ion Cleanse Foot Spa uses electrolysis/osmosis to draw toxins out of the body through the 2000+ sweat glands located in the feet. This method is proven to be very effective in pulling toxins from all parts of the body. The Ion Cleanse Foot Spa is designed to help alleviate the core causes of "**dis-ease**", by removing metal toxicity, internal pollutants and balancing the body's pH levels. Very important!

Reflexology



Our current lifestyles create stress which is a major factor in the causes of most dis-eases and illnesses due to a lowered immunity. Conventional treatments focus on symptoms, but using Reflexology as a complement to conventional medicine can be more effective if current drugs that you are taking are not working or creating side effects.

Reflexology is a natural, non-invasive therapy embracing the whole concept of holistic treatment. By stimulating reflex points in the ears, hands and feet we send messages along the nerve pathways to the various organs; thus we stimulate and communicate with the nerve network to the body. This helps to balance the energies within the body.

Reflexology does not replace your physician or other practitioner to diagnose or prescribe. We are treating an existing imbalance in the energy of the body. The whole body receives energy and is treated, helping to correct the negative factors involved with dis-ease; congestion, inflammation and tension. The healing power of touch creates the environment through which self-healing can occur.

There are few other therapies that treat the whole body in such a gentle non-invasive manner which have no adverse side effects. We simply encourage the body to heal itself. This is nature's gift to mankind.

Reflexology can help relieve:

Conditions caused by stress such as Migraines, Insomnia, Anxiety, Hypertension.

Digestive System conditions such as Colitis, Irritable Bowel Syndrome, Constipation

Hormonal imbalances such as PMS, Menopausal symptoms

and other common issues such as Asthma, Sciatica, Bladder or Kidney infections, general aches and pains.

Healing: Examining our Roles

By Monica Lotz
Healing ARTs

As Humanity continues to devolve within its outdated social structures and moves forward in evolution of consciousness, more and more of us are awakening to the reality that we are ultimately responsible as individuals not only for our own holistic health, but for that of all humanity.

The age of Aquarius marks the expansion of global consciousness, and with that comes a global responsibility of each one of us. Humanity cannot move forward in healthy mind, body and spirit if its individual parts do not reflect the same; just as each one of us cannot remain sustainable if the components which make up who we are remain unbalanced.

So where do we begin? Each one of us must become proactive in terms of our own health. For too long we have functioned in a reactive state, responding to dis-ease by focusing on symptomatic treatment. This structure of health care has created an unconscious spiral of declining mind, body and spirit. As individuals, we must regain a hold of the reins which we had blindly handed over to a self-serving system.

So here's the Good News – Our Power Is Always In The Present Moment - - So what's the first step?

A good start would be to cleanse the mind, body and spirit, and as spring approaches, we sense this need to prepare for pending rebirth.

Cleansing the Mind of Negative Thought Patterns

Let's focus our attention towards what we *can* do instead of what we need to *stop* doing. By making this one small shift in our thought patterns, the bad habits will eventually fall away naturally.

Cleansing the Spirit

We all carry within us a divine power to heal ourselves. Let's rediscover this inner power by turning off the television, computer, phone, or whatever other distractions we have become attached to . and wake up to ourselves. Sit in silence and hear the wisdom that comes from within. Make it a practice to turn within for a specific period of time each day. (Contd)

Prepaid Treatment Plans and Packages

By Monica Lotz & Francesco Belmonte
Healing ARTs

Talk to us about creating a custom package to suit your needs or let us develop a treatment plan just for you.

Prepaid packages can be broken down into more than one session.

SHOW SPECIAL PACKAGES

Detox Package \$40.00

ION FOOT SPA CLEANSE

EAR CANDLING

Regular Price: \$80.00

You SAVE **50%**

Relaxation Package \$110.00

REIKI or REFLEXOLOGY

EAR CANDLING

ION FOOT SPA CLEANSE

Regular Price: \$140.00

You SAVE over 20%

Full Treatment Package \$160.00

REIKI and REFLEXOLOGY

EAR CANDLING

ION FOOT SPA CLEANSE

Regular Price: \$200.00

You SAVE 20%

You always save with prepaid plans and packages

Healing: Examining our Roles (Cont'd)

Cleansing the Body

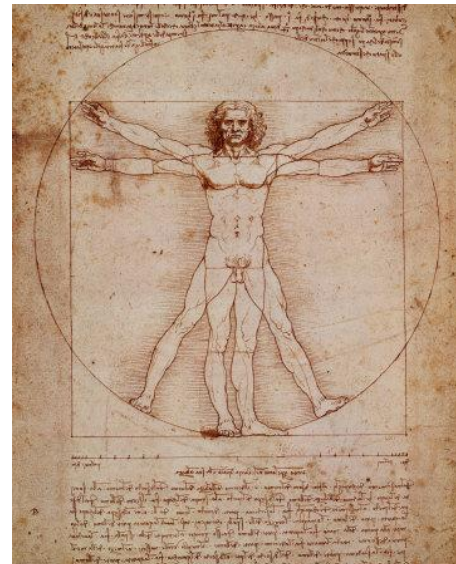
Begin by purging the toxins we've spent most of our lives accumulating. Our bodies have many natural filtering systems that work miraculously to cleanse itself; but our current lifestyles overload these systems, causing a backlog and resulting in a multitude of physical imbalances. You know what happens when a water, furnace, or car filtering system isn't maintained, so you can imagine what's going on inside our bodies.

It has been said that the most polluted body of water is that of the "human body".

There are many natural methods which exist to help the body detoxify itself in order for it to begin functioning in a more balanced fashion.

We can expand on all of these concepts in future issues - but every journey begins with that first step.

Healing ARTs' consultations and methodologies can help put you on the path towards making that journey towards personal and global improvement.



You hold the power, and you hold it in the present moment.

CALENDAR OF EVENTS

HEALTH & WELLNESS SHOW

SATURDAY, MARCH 8, 2008 10AM - 4PM

TERRY MILLER RECREATION CENTRE, BRAMPTON

The Brampton Lions Club is hosting a Health and Wellness Show free to the public, located s/w corner of Bramalea Road and Williams Parkway in Brampton. Mini treatments, displays and demonstrations including Yoga, Reiki, Reflexology, Ear Candling, Fitness, Hypnosis, Homeopathy, Spa Treatments, Psychic Readings, Angels, Past Life Regression, and so much more.....

Contact Lion Bonnie Neely (416)-817-6149 or Lion Eleanor Muir at: (905) 791-3736

EASTERN NUTRITION

Wednesday, May 14, 2008

This course will introduce students to the theoretical and practical aspects of Chinese dietary and nutrition and will show them how to utilize these dietary guidelines in everyday life. Limited spaces available.

<http://www.shiatsucanada.com> or (416) 323-1818

2-DAY TRANSFORMATION WORKSHOP – SETTING RIGHT RELATIONSHIPS WITH SRI RANUJI OF THE ONENESS MOVEMENT

SAT. MAR. 15, 11AM-6PM & SUN. MAR. 16, 10AM-5PM

SHERATON CENTRE TORONTO HOTEL

The Oneness Blessing (Deeksha) is a transfer of intelligent energy which begins a process of awakening. In this workshop, See and Release attachments of the mind; Heal traumas stored in the body; Enjoy increased energy and creativity; Access deep emotional and physical healing; Discover that forgiveness and acceptance are innate.

For more information and to register, visit www.onenessmovement.org or call (408) 399-0156

I CAN DO IT! TORONTO

THURSDAY, MARCH 27 . SUNDAY, MARCH 30

METRO TORONTO CONVENTION CENTRE

I Can Do It!@ Toronto features 7 amazing authors all in one place! Come for an evening or enjoy a whole weekend of lectures and workshops with Dr. Wayne W. Dyer, Marianne Williamson, Sylvia Browne, Carolyn Myss, Gregg Braden, Colette Baron-Reid and Sonia Choquette. Discover your true passion in life and enjoy a weekend of spiritual nourishment for your soul.

For more information and to register, visit <http://toronto2008.icandoit.net>

CALENDAR OF EVENTS (CONT'D)

COMMUNITY VOLUNTEER INCOME TAX PROGRAM

MARCH 27, 2008 & APRIL 8, 2008

263 Queen Street East, Unit #14, Brampton, ON L6W 3K6

FREE Income Tax clinics are available. A volunteer from CRA will help you calculate your Income Tax return

For more information, call (905) 595-0722 ext. 4003



SUGGESTED AND RECOMMENDED

PHOTOGRAPHY BY ROBBIE

NATURAL, FUN PHOTOGRAPHY+

By appointment only please. Book your event by calling:

(905) 856-9243 or (416) 559-9243



QUESTIONS AND ANSWERS

Have a question about Natural Healing Therapies? Send your question to HEaling_ART_s@yahoo.ca and you may see it published in our next issue. All questions will receive a response.

BIRTHDAY CLUB

Join our Birthday Club and receive special gift offers valid during the month of your Birthday. Sign up by e-mailing your name, date of birth, preferred e-mail and mailing address to HEaling_ART_s@yahoo.ca using the subject line %Birthday Club+or give us a call at 416-908-6092.

ELECTRONIC SURVEY

Help us out by completing our online survey and be entered for a chance to receive a FREE mini-treatment!! (\$20 value). Entries to be drawn monthly. Simply e-mail us at HEaling_ART_s@yahoo.ca using the subject line +Survey+ and we will forward this quick and easy survey for you to fill out online.

HΣaling ARTs

Contact Us Today



HÛaling ARTs
(416) 908-6092

Monica Lotz & Francesco Belmonte
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**Reiki, Reflexology, Auricular Coning, ION
Foot Spa Detox, Aromatherapy, Nutritional
Consultation, Fitness Instruction**

ALL TREATMENTS ARE AVAILABLE IN THE COMFORT OF YOUR HOME

REIKI



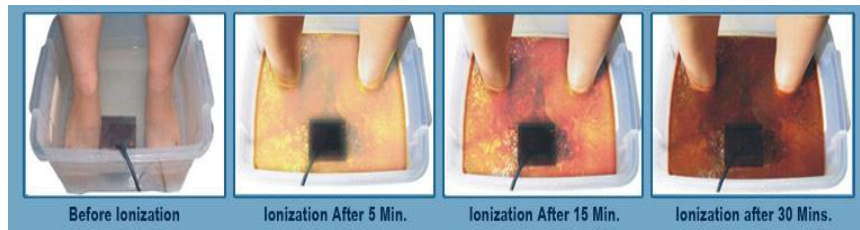
REFLEXOLOGY



AURICULAR CONING



ION FOOT DETOX



THE CURE AND THE POWER TO HEAL ARE WITHIN YOU!