

# Curing Vs. Healing

## Take care of your body

### What is the difference between curing and healing?

**Curing:** Involves Western medicine and usually includes pills, injections and other methods to stop the pain and other symptoms. These cures only address the current issue. In these cases the absence of symptoms is looked at as good health. Western medicine can be very helpful, but alternative healing options need to be looked at for our whole health.

**Healing:** Involves the whole body from the inside out and it happens over time. Healing involves lifestyle choices and natural means that can include a healthy diet, exercise, meditation, and other techniques. In terms of healing, a healthy individual addresses not only their physical condition but also their emotional and mental health.



Our bodies are complex, self-sustaining machines and when treated properly they can self-heal and grow. Health doesn't come from a doctor's office or magic pill, but instead from a whole, balanced lifestyle.

**Which do you choose?** There are many differences between healing and curing, but that's not to say that you should turn to natural health or Western medicine exclusively. Finding a balance of what is right for your body is key.

## Infrared Saunas vs. Common Cold

Many people think that cold and flu season is in the winter but the truth is that colds happen throughout the whole year. Regular sessions in an infrared sauna can help boost your immune system to get rid of a cold faster. Infrared saunas expose your body to a hotter than average external temperature. In addition, the clear light waves, called Infrared, penetrate about 1.5 to 2 inches into the body and vibrate the cells. Amongst other things, this vibration raises the inner body temperature and is known as hyperthermia. Hyperthermia is one of the most effective ways to get over a cold. Many viruses and bacteria can not survive in the body when the temperature is raised. Infrared sauna therapy can work wonders for your body and eliminate the cold virus itself unlike over-the-counter medications that treat symptoms.

## Alternative and Holistic Treatments

**There are many natural treatments to help the body heal.**

**Infrared Sauna:** detox the body, activate the cardiovascular system, is a whole body anti-inflammatory and is great for pain relief

**Halotherapy:** Supports immune and respiratory health

**Chiropractic:** Misalignments in your spine can cause inference in your nervous system. These interferences can cause a variety of conditions. Adjustments remove interference in your nervous system and allow the body to function properly.

**Massage:** Helps relieve muscle tension by increasing blood flow and reducing stress

**Acupuncture:** Blockages in the bodies energy can cause illness and conditions.

Acupuncture unblocks these energies to help a large variety of conditions

**Supplements:** Provide your body with minerals that the body is lacking

## Treatment Recommendation:

We recommend Infrared Sauna and Halotherapy 3-4 times a week while you have a cold.

\* Always remember it is not safe to go into an infrared sauna with a fever\*

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