

*Nurturing  
Your  
Inner  
Garden*



*Roxana Roshon Ph.D.  
Naturotherapist*

*Bridging the Gap between  
Western Medicine and  
Complementary Therapies*

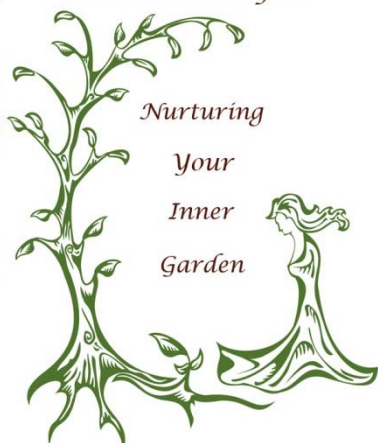
*April 30, 2016*

*Transformational Wellness Fair, Guelph ON*

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*519-400-5463*

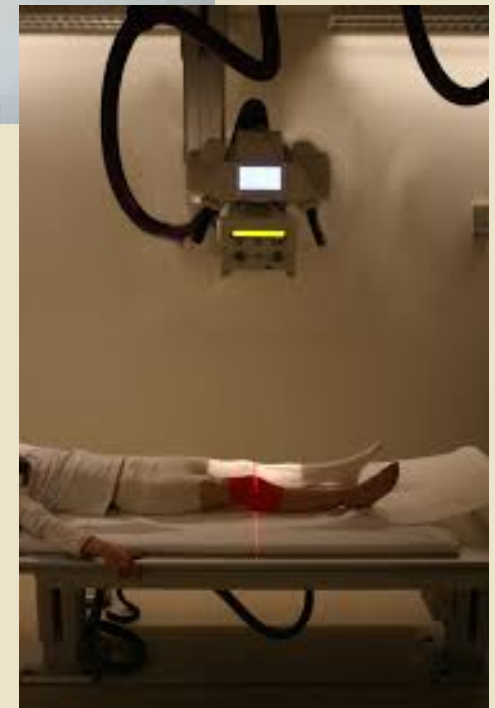
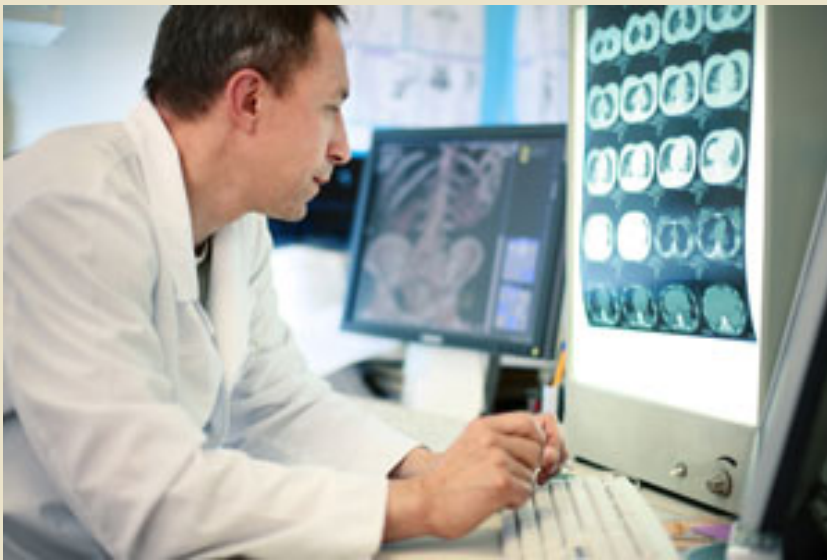


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# *Toxicologist by Training Healer by Passion and Choice*



# Mainstream, Western or Allopathic Medicine



## 2007 U.S. Health Interview Survey:

- Approximately 38 percent of adults (about 4 in 10) and approximately 12 percent of children (about 1 in 9) are using some form of Complementary and Alternative Medicine (CAM)

## In 2008, Public Health Agency of Canada:

- More than 70% of Canadians regularly use complementary and alternative health care







## Complementary and alternative modalities include:

- Vitamins and minerals
- Herbal products
- Homeopathy
- Acupuncture / Acupressure
- Massage
- Yoga
- Meditation
- Reflexology
- Aboriginal healing
- Chiropractic
- Osteopathy
- Naturopathy
- Reiki
- Therapeutic Touch®
- Nature and Forest Therapy
- Ecotherapy

# Modern Hippocratic Oath

- I will respect the hard-won scientific gains of those physicians in whose steps I walk, and gladly share such knowledge as is mine with those who are to follow.
- I will apply, for the benefit of the sick, all measures which are required, avoiding those **twin traps of overtreatment and therapeutic nihilism**.
- I will remember that there is **art to medicine as well as science**, and that **warmth, sympathy, and understanding** may outweigh the surgeon's knife or the chemist's drug.
- **I will not be ashamed to say "I know not,"** nor will I fail to **call in my colleagues** when the skills of another are needed for a patient's recovery.
- **I will respect the privacy of my patients**, for their problems are not disclosed to me that the world may know. Most especially must I tread with care in matters of life and death. Above all, I must not play at God.
- **I will remember that I** do not **treat** a fever chart, a cancerous growth, but **a sick human being**, whose illness may affect the person's family and economic stability. My responsibility includes these related problems, if I am to care adequately for the sick.
- **I will prevent disease whenever I can, for prevention is preferable to cure.**
- I will remember that I remain a member of society, with special obligations to all my fellow human beings, those sound of mind and body as well as the infirm.

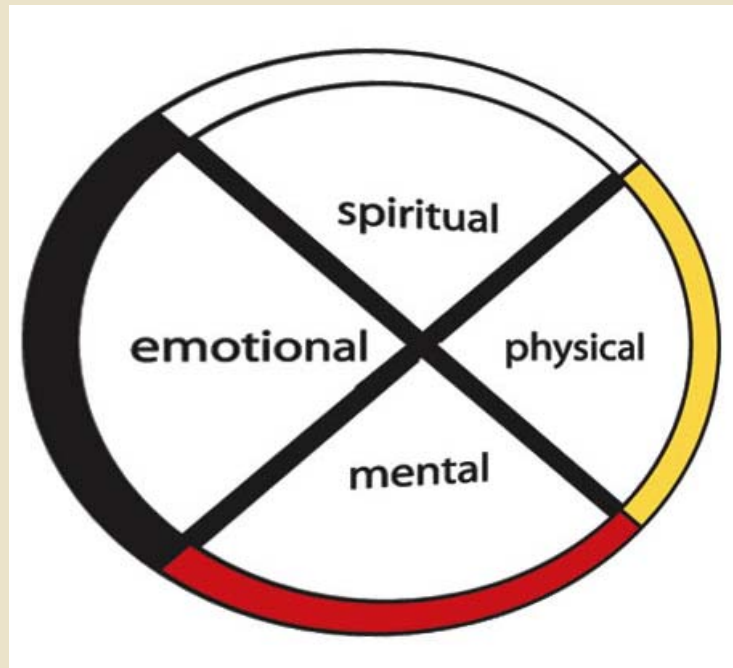


FIRST DO NO HARM

# Healing Wheel

- Priest
- Minister
- Rabbi
- Shaman
- Community
- Family
- Friends

- Psychologist
- Psychiatrist
- Therapist
- Social Worker
- Pharmacist
- Holistic Healer
- Counsellor
- Family
- Loved Ones
- Pets

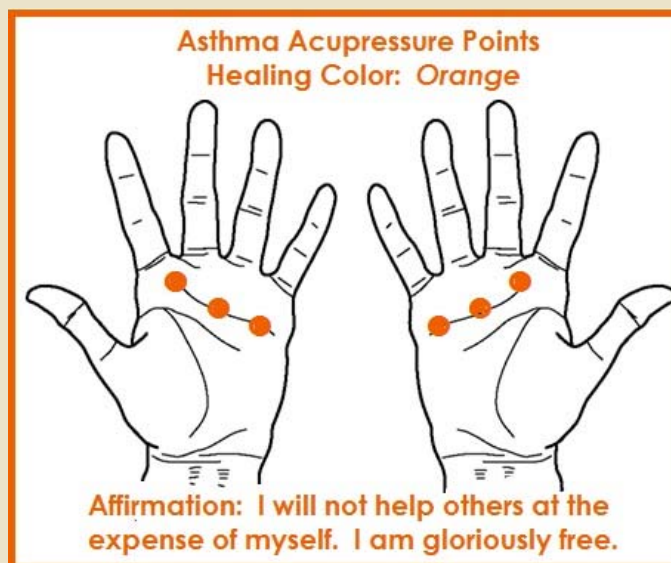
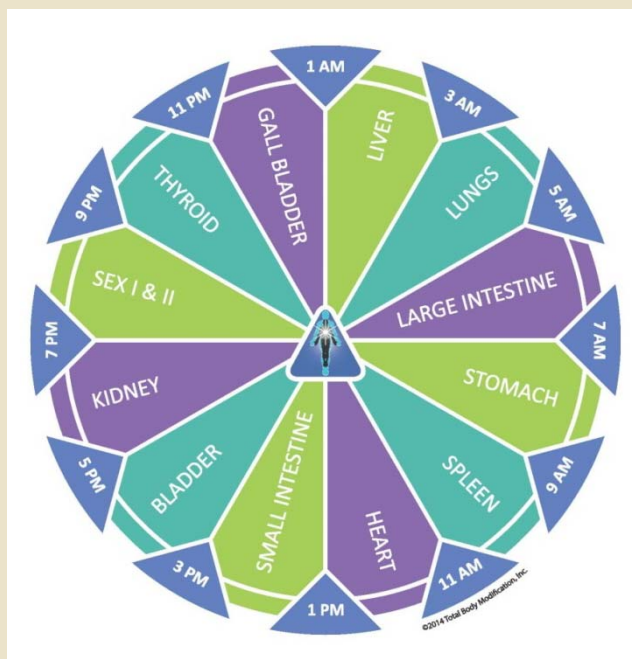


- Family physician
- Emergency doctor
- Pharmacist
- Dentist
- Optometrist
- Chiropractor
- Osteopath
- Massage Therapist
- Holistic Healer
- Acupuncturist
- Naturopath
- Homeopath
- Personal Trainer

- Educator
- Holistic Healer
- Family
- Oneself

# Acupressure

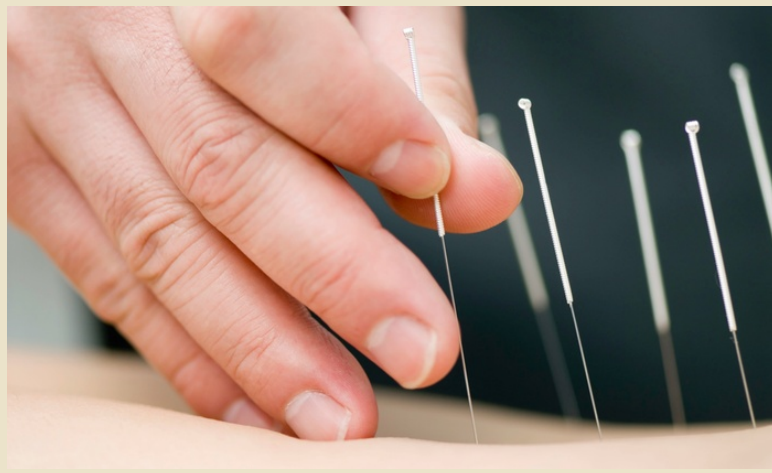
- Part of traditional Chinese medicine
- Ancient therapy
- Predates acupuncture
- Non invasive
- Based on theories of 'life energy' or chi
- Chi flows through the body along pathways called meridians
- There are 14 meridians associated with organs
- Any imbalance leads to illness
- Individuals can restore their own health





# Acupuncture

- Well researched – approximately 100 articles published in over 50 journals every month
- Current conditions in the Evidence Based Assessments Library include:
  - Asthma
  - Bell's Palsy
  - Carpal Tunnel Syndrome
  - Dysmenorrhea
  - Headache
  - Irritable Bowel Syndrome
  - Lower Back Pain
  - Neck Pain
  - Rhinitis/Sinusitis
  - Shoulder Pain



# Aboriginal / Native Healing

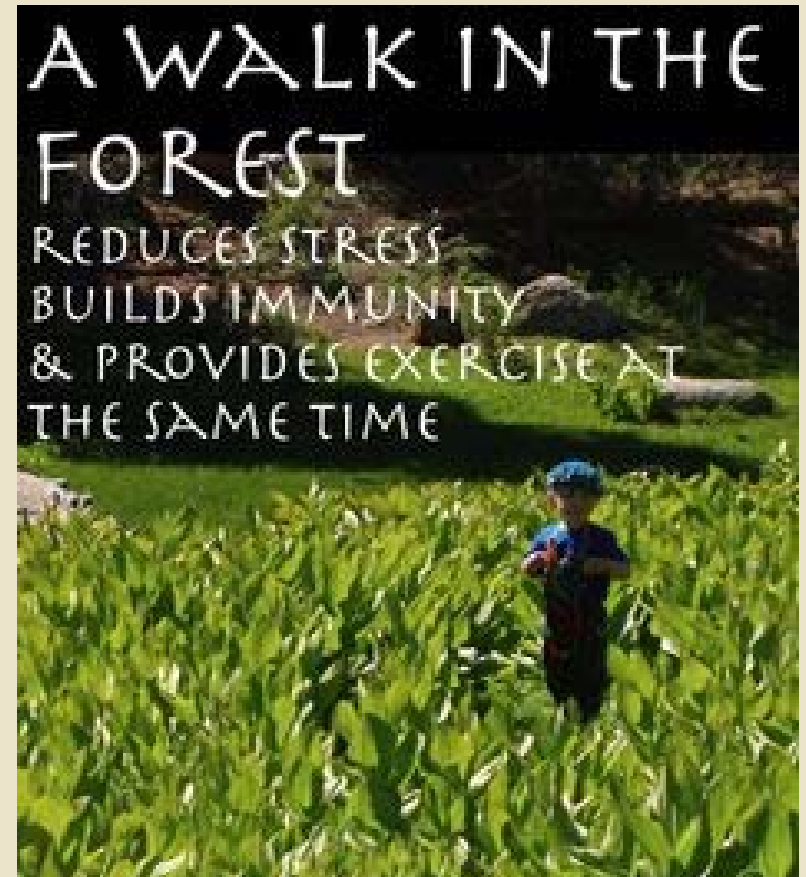


- Mexica and Lucid Dreaming training from July 7 - 10 in Huntsville
- Institute for Contemporary Shamanic Studies in Toronto



# Nature and Forest Therapy

- Slow and repeated immersion in forests and other natural environments
- In Japan, it is called "shinrin yoku," which translates to "forest bathing"
- Wide array of researched health benefits:
  - Cardiovascular
  - Immune system
  - Stabilizing mood
  - Improving cognition
  - Production of anti-cancer proteins



- Canadian Chapter of Association of Nature and Forest Therapy Guides and Programs is based in London ON  
<https://www.facebook.com/shinrinyokucanada/>
- Training from July 15-18 at Albion Hills Conservation Area
- Shinrin yoku walk on Thursday, September 15, 2016 - 10:00 am - 1:00 pm at University of Guelph Arboretum





# Therapeutic Touch®

- Therapeutic Touch® is a holistic, evidence-based therapy that incorporates the intentional and compassionate use of universal energy to promote balance and well-being
- In 1972, Dolores Krieger, PhD, RN, and her colleague, Dora Kunz standardized the technique
- Standardized and strong research base
- Used in hospitals and hospices
- Wide variety of researched benefits:
  - Addictions
  - Alzheimer's and dementia
  - Cancer care
  - Elder care
  - Medical procedures
  - Pain management
  - Post-surgery
  - Pre-term infants



**“Energy cannot be created or destroyed, it can only be changed from one form to another.”**

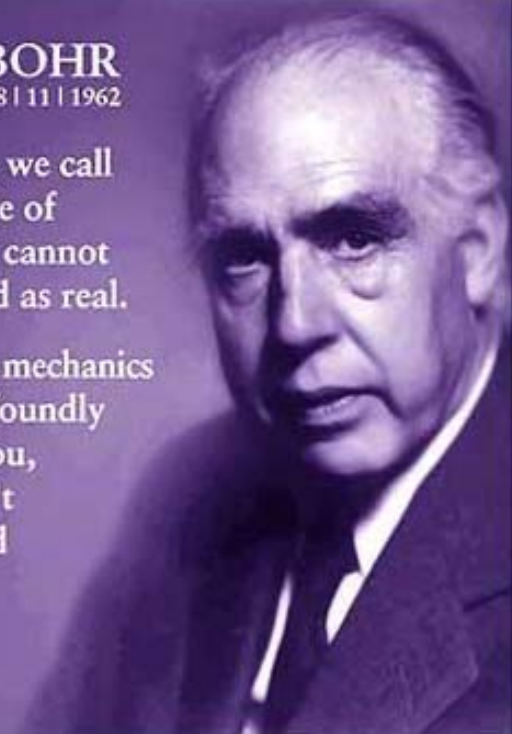
— Albert Einstein

**NIELS BOHR**

7 | 10 | 1885 – 18 | 11 | 1962

Everything we call real is made of things that cannot be regarded as real.

If quantum mechanics hasn't profoundly shocked you, you haven't understood it yet.



[T]he atoms or elementary particles themselves are not real; they form a world of potentialities or possibilities rather than one of things or facts.

— *Werner Heisenberg* —

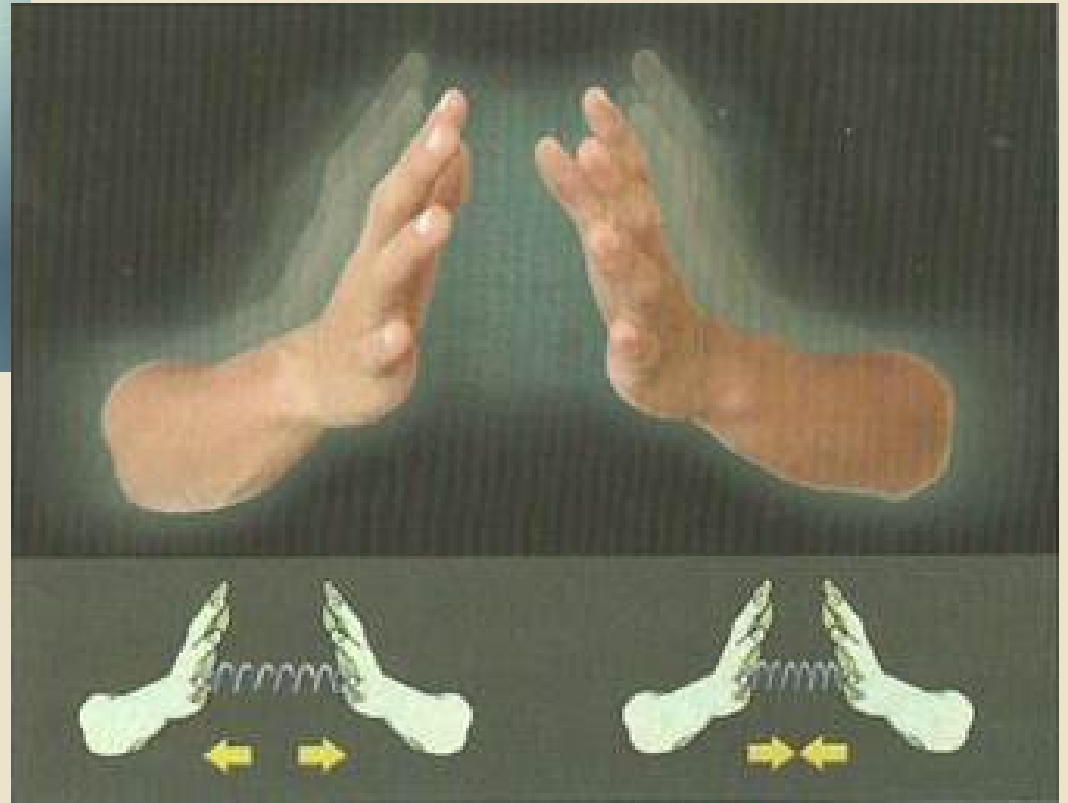
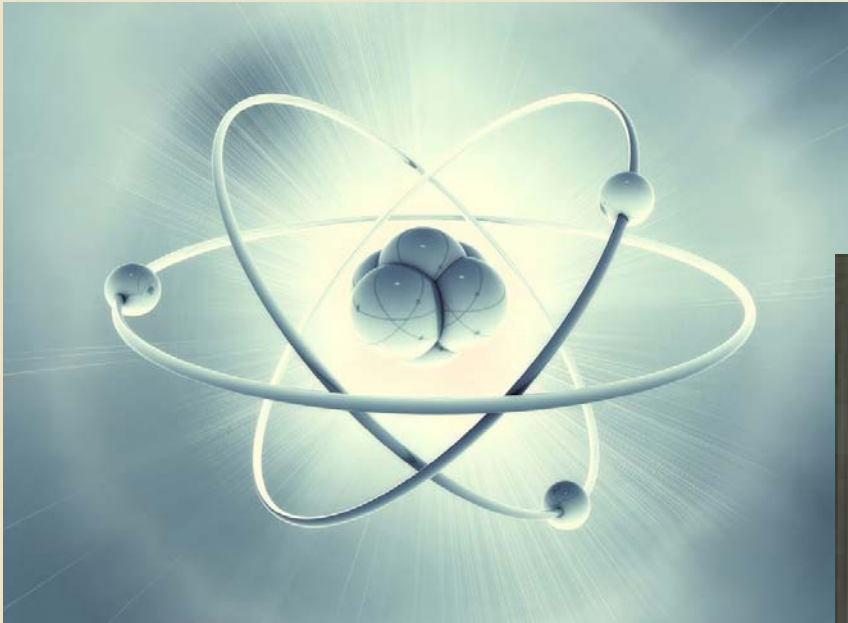


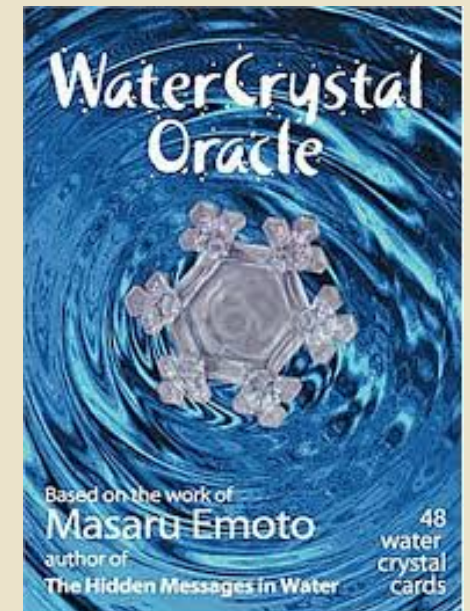
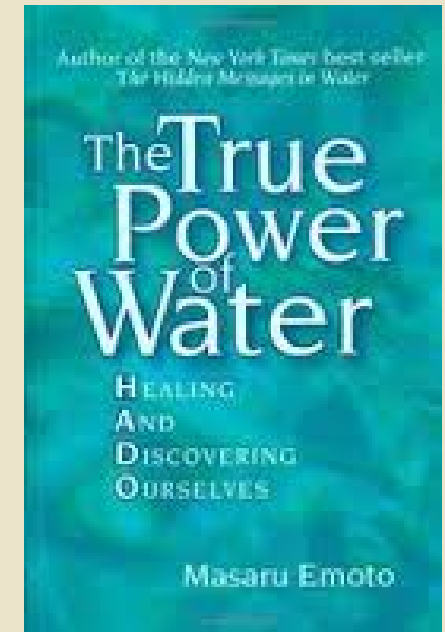
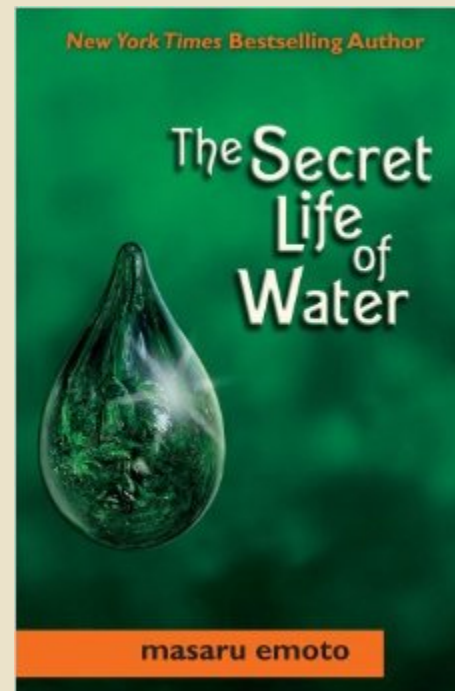
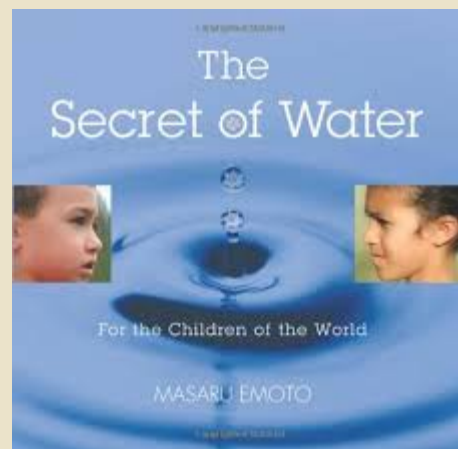
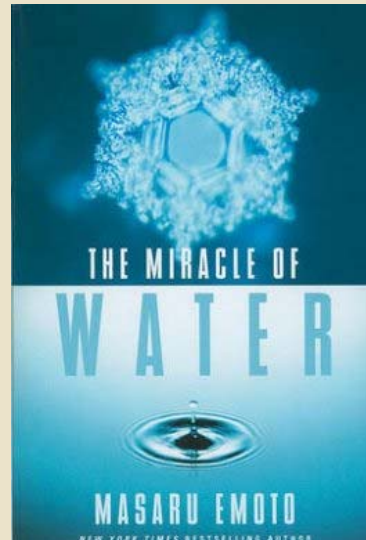
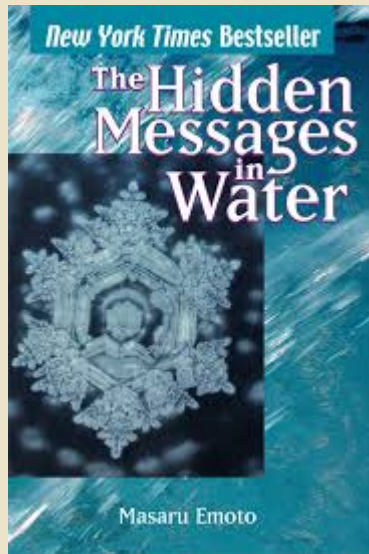
Illustration 5:  
Feel your energy.



The Path of The Dreamhealer: The Quantum World of Energy Healing  
by Adam (McLeod) (2006)



# Water, Consciousness & Intent: Dr. Masaru Emoto



[Water, Consciousness & Intent Dr.mp4](#)



# Live and Dry Blood Analysis

- Also known as nutritional microscopy
- It is the science of qualitative blood analysis
- Evaluates health at a cellular level
- Identifies any imbalances within the body
- Developed almost 100 years ago by pioneering scientists, Gaston Nassens and Dr. Gunther Enderlein, through their cancer research



In collaboration with Diane Drouin-Poulin (M.Sc.)

<http://www.dianesliveblood.ca/>

# Live and Dry Blood Analysis

- Live Blood Analysis
  - Performed by taking one drop of blood through a small finger prick
  - The blood sample is immediately viewed using a powerful dark field microscope
  - A camera projects images of the live sample on the computer screen
  - The images are evaluated
- Dry Blood Analysis
  - Performed in conjunction with the live blood analysis
  - A drop of blood is placed on a slide in a series of 8 layers and allowed to dry
  - The slide is then viewed under a microscope
  - The results provide additional insights into overall health, and health of the different organs



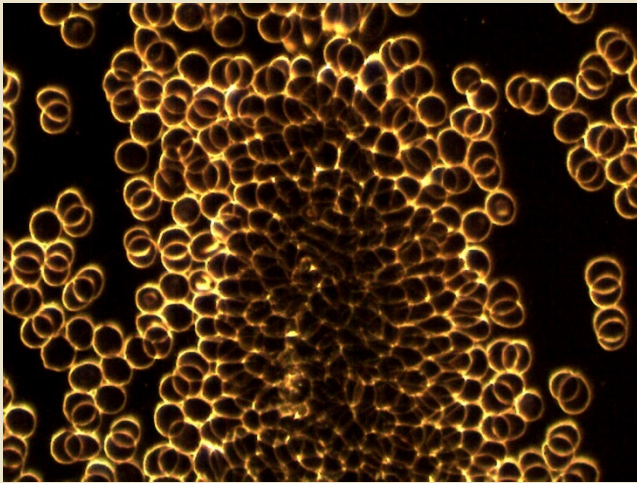
# Holistic Energy Work

- Based on the clients' needs and exhibiting symptoms
- During this phase, clients had a live blood session with Diane, an holistic energy session with me and then a second live blood session with Diane
- The holistic energy work included:
  - Therapeutic Touch®
  - Biocomputer Operating System (BOS)
  - Total Body Modification (TBM)
  - Biodynamic Craniosacral Therapy
  - Mexica / Toltec breath work and healing techniques



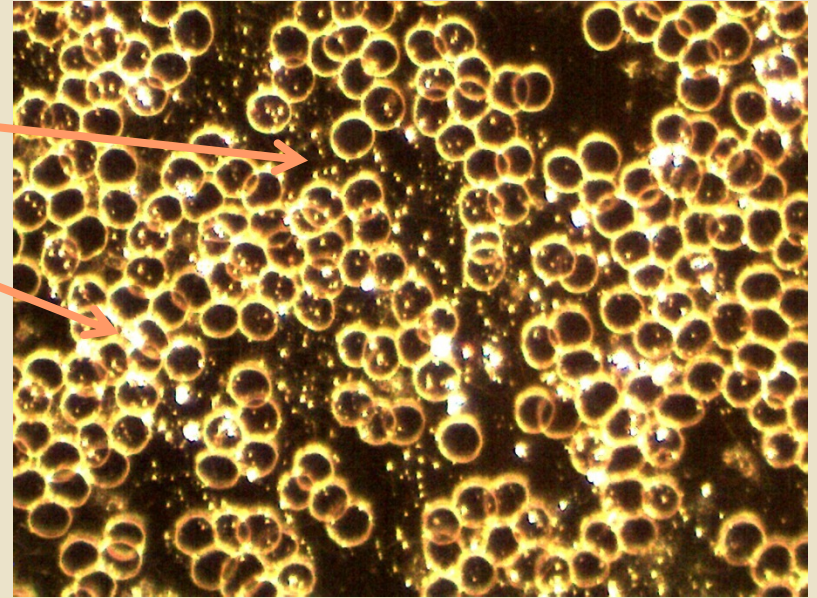
# Client 12-016; February 13, 2015

## Live Blood Before Energy Work



EMF Damage

Yeast (Candida)  
by-product  
Clumping

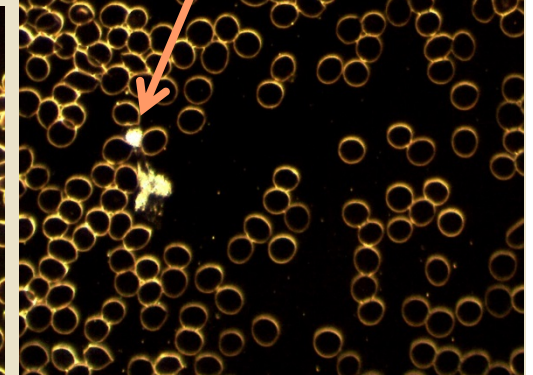
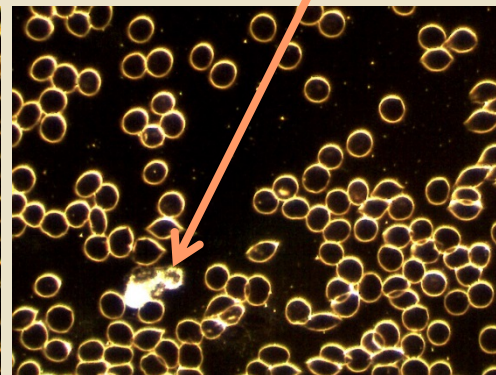
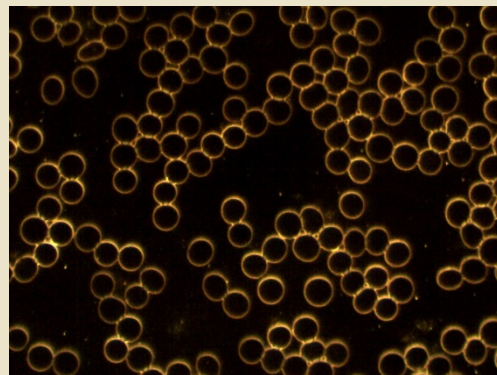


## Live Blood After Energy Work

Reduction in:

- EMF Damage
- Clumping
- Yeast

White blood cells – healthy and moving

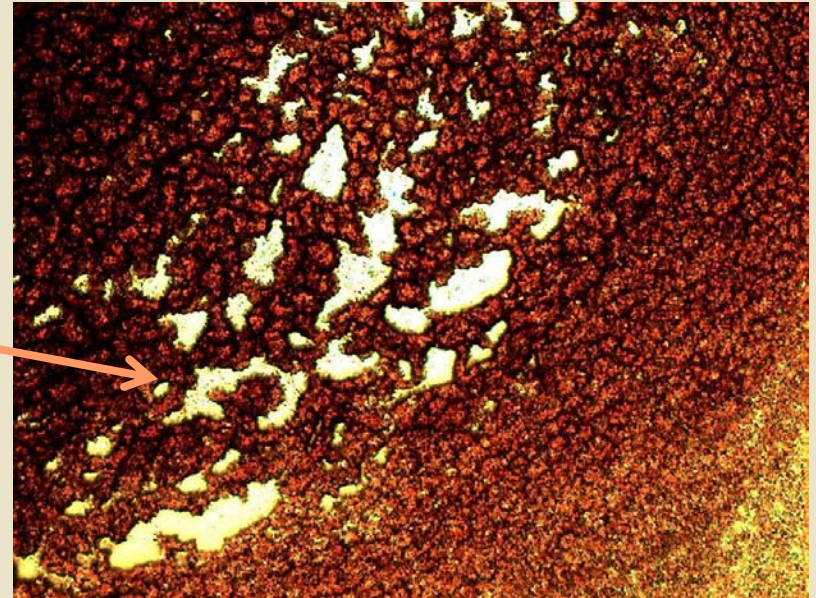




# Client 12-016; February 13, 2015

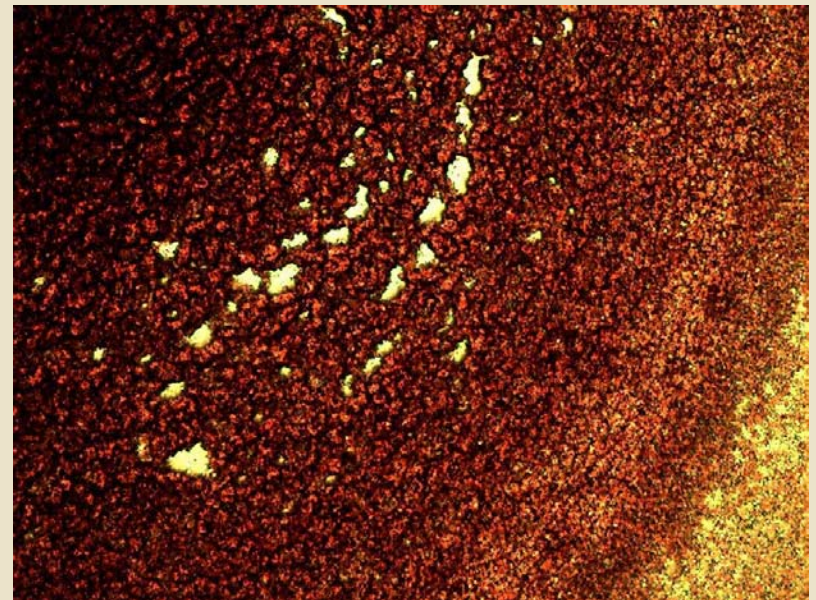
Dry Blood  
Before Energy Work

Inflammation in connective tissue



After Energy Work

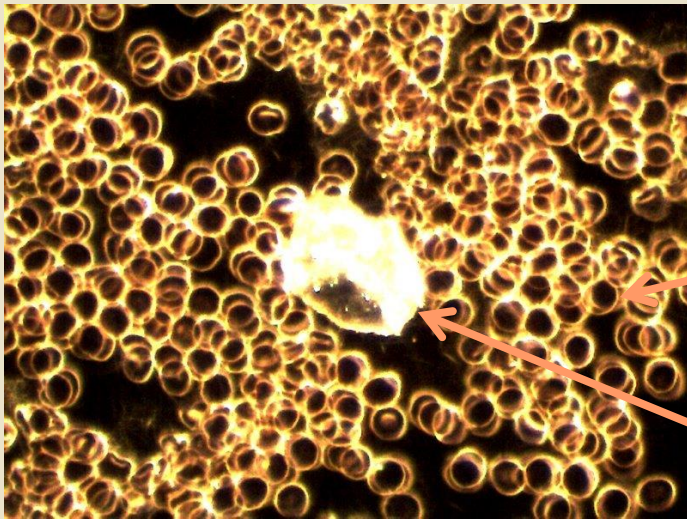
Reduction in inflammation in connective  
tissue or lung tissue  
Improved drainage





# Client 13-030; February 27, 2015

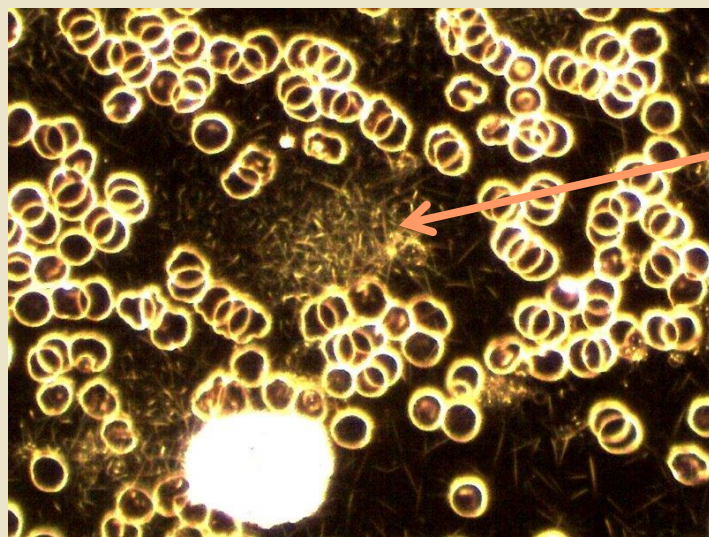
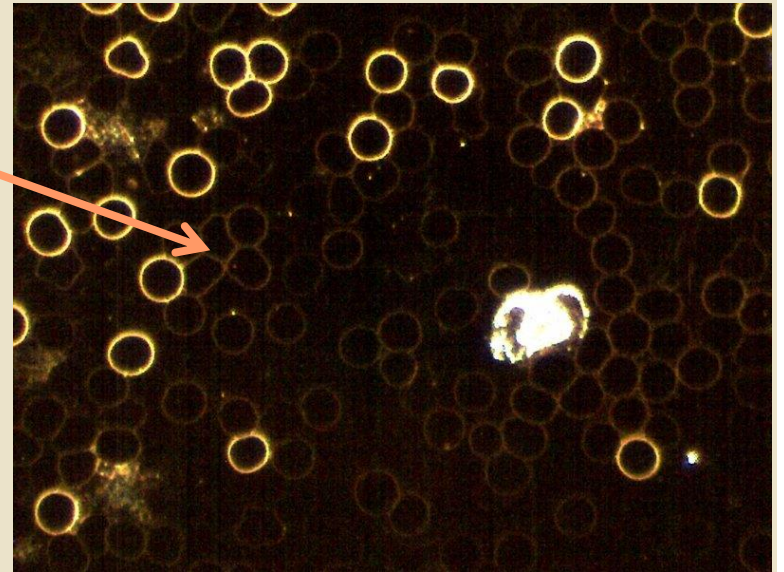
## Before Energy Work



Ghost cells

Clumping

Symplast - Bowel toxicity

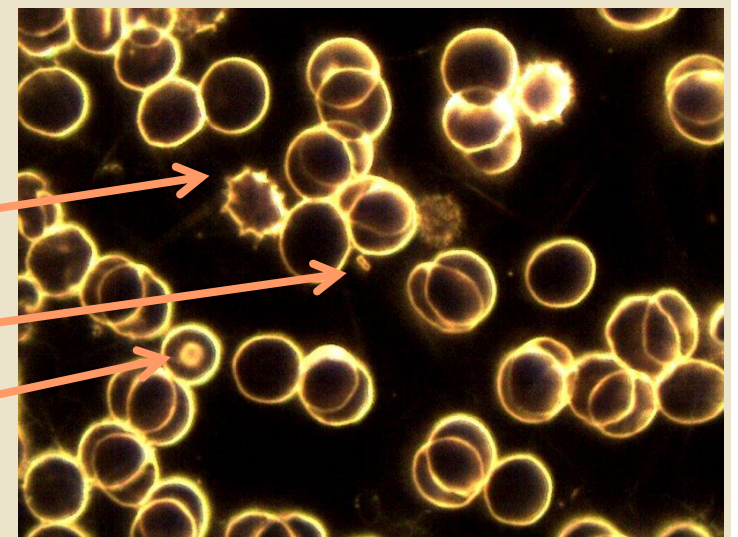


Fibrin - Liver stress

Irregular shapes

Bacteria

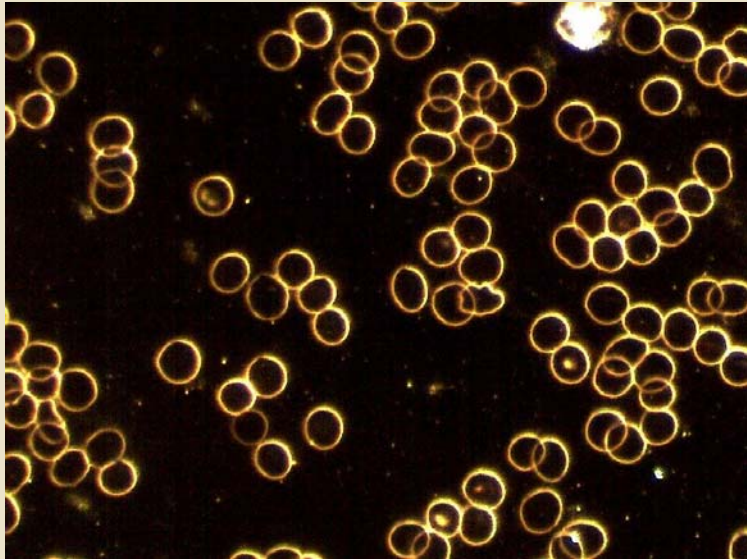
Parasitic activity





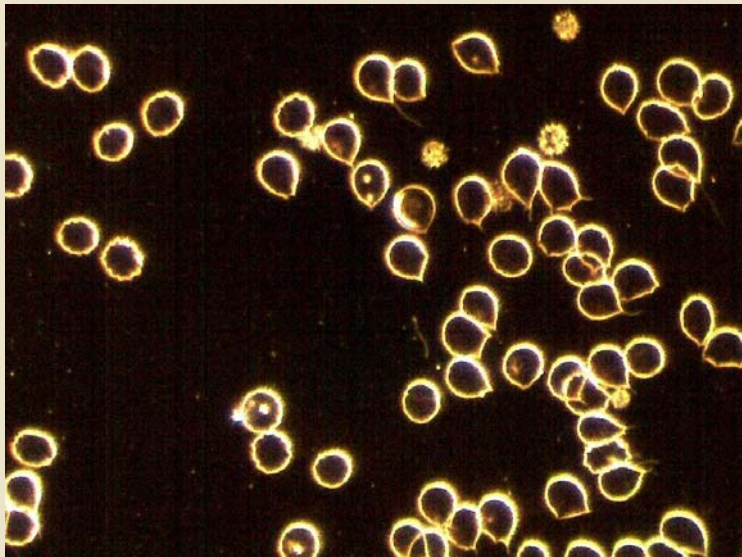
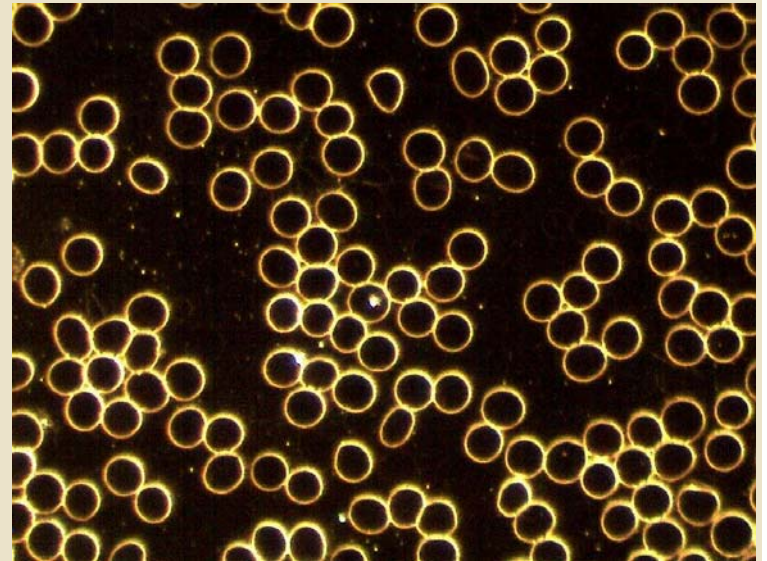
# Client 13-030; February 27, 2015

## After Energy Work



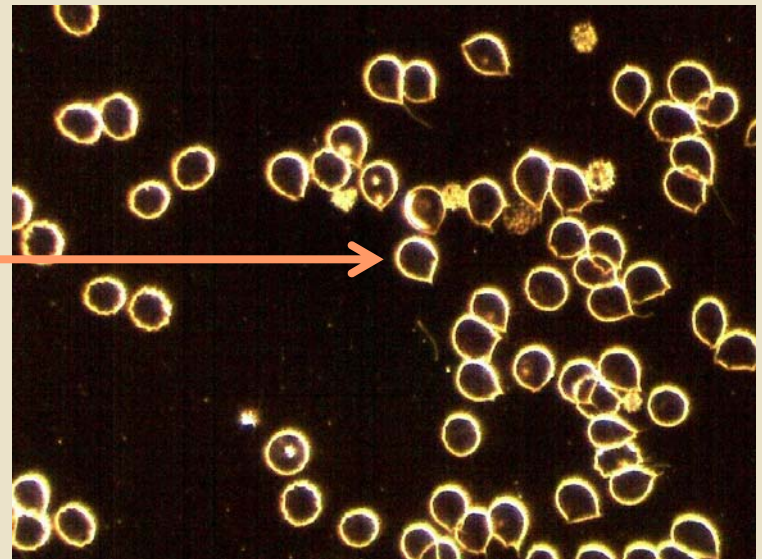
### Reduction in:

- Clumping
- Bacteria
- Parasites
- Irregular cells
- Symplasts
- Fibrin
- Ghost cells



### Now visible:

- Microorganisms (viral, bacterial)
- Hormonal imbalances

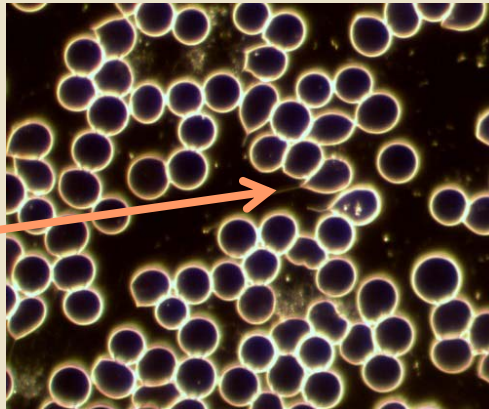




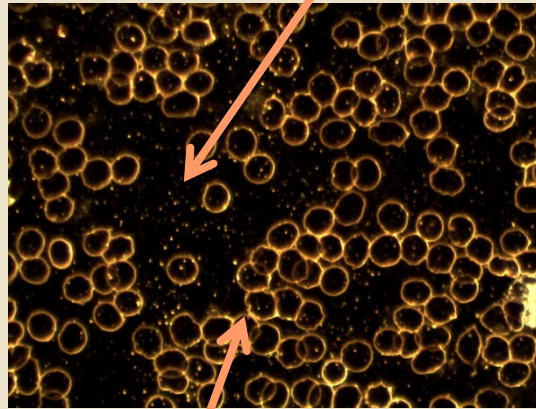
# Client 11-006; over five months

July 24, 2015

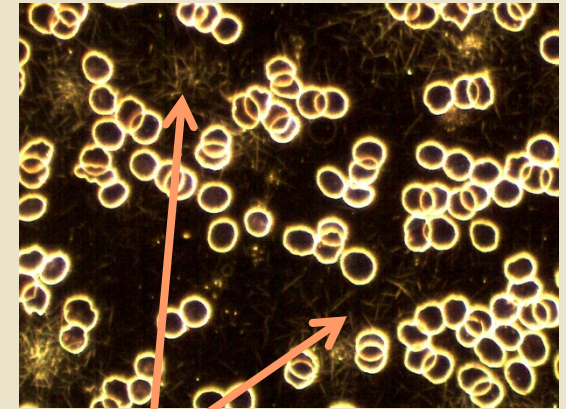
Viral threads



Fungal, bacterial and parasitic load

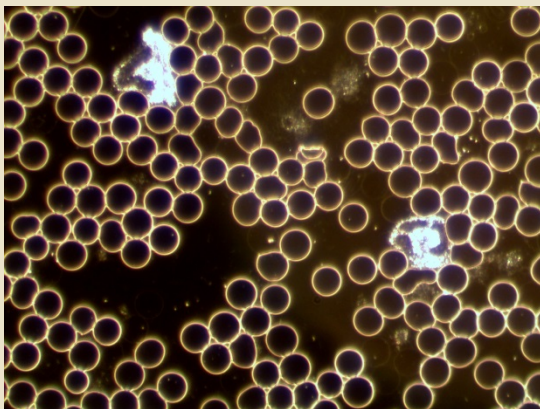


Free radical damage  
Adrenal stress  
Hormonal imbalances



Fibrin - Liver stress

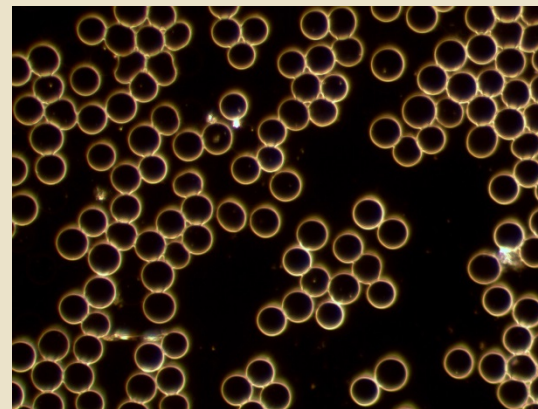
October 31, 2015



Reduction in:

- Liver stress
- Adrenal stress
- Bacteria
- Virus
- Parasites

December 22, 2015



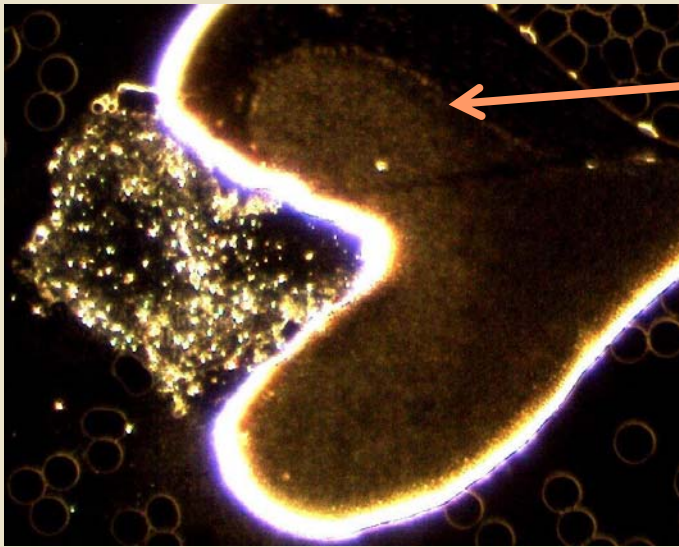
- Healthy red blood cells
- Hormones balanced

Reduction in:

- Free radical damage
- Bacteria
- Fungal load

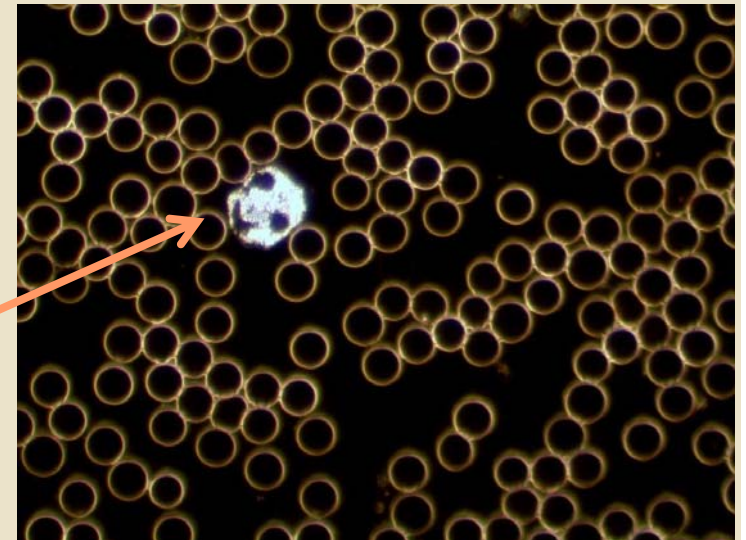


Client 13-030;  
February 27, 2015

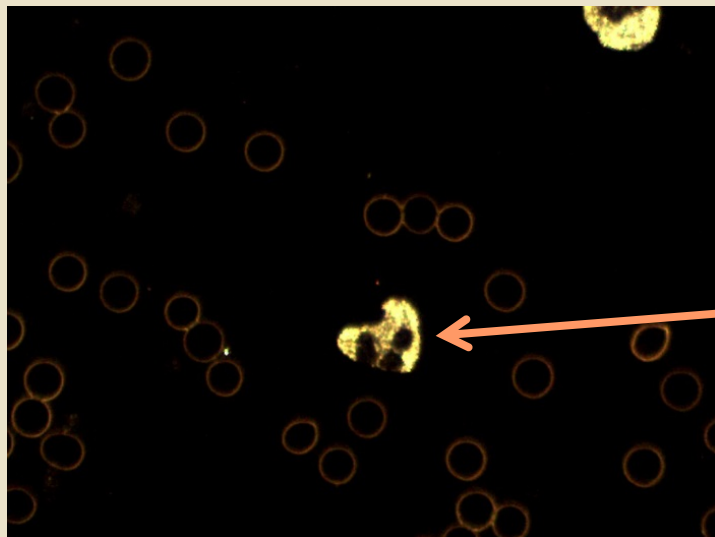


Heart shaped air  
bubble surrounding a  
symplast  
(bowel toxicity)

Happy white blood  
cell after an  
holistic energy session

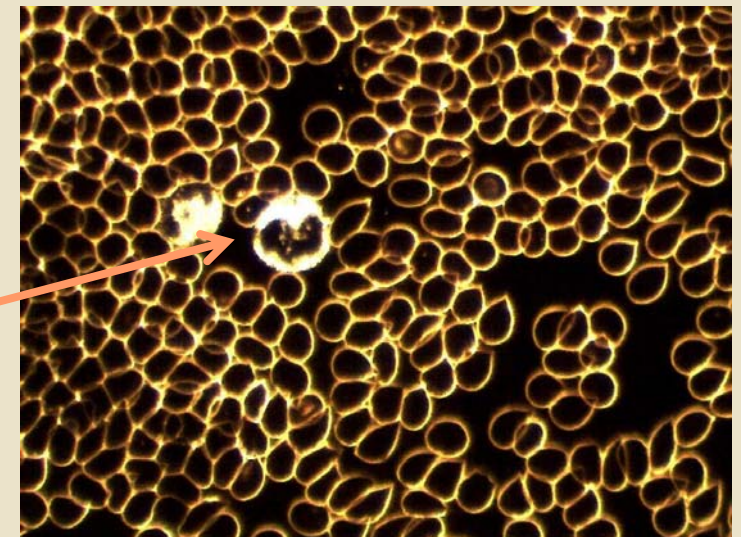


Client 11-012;  
November 14, 2015



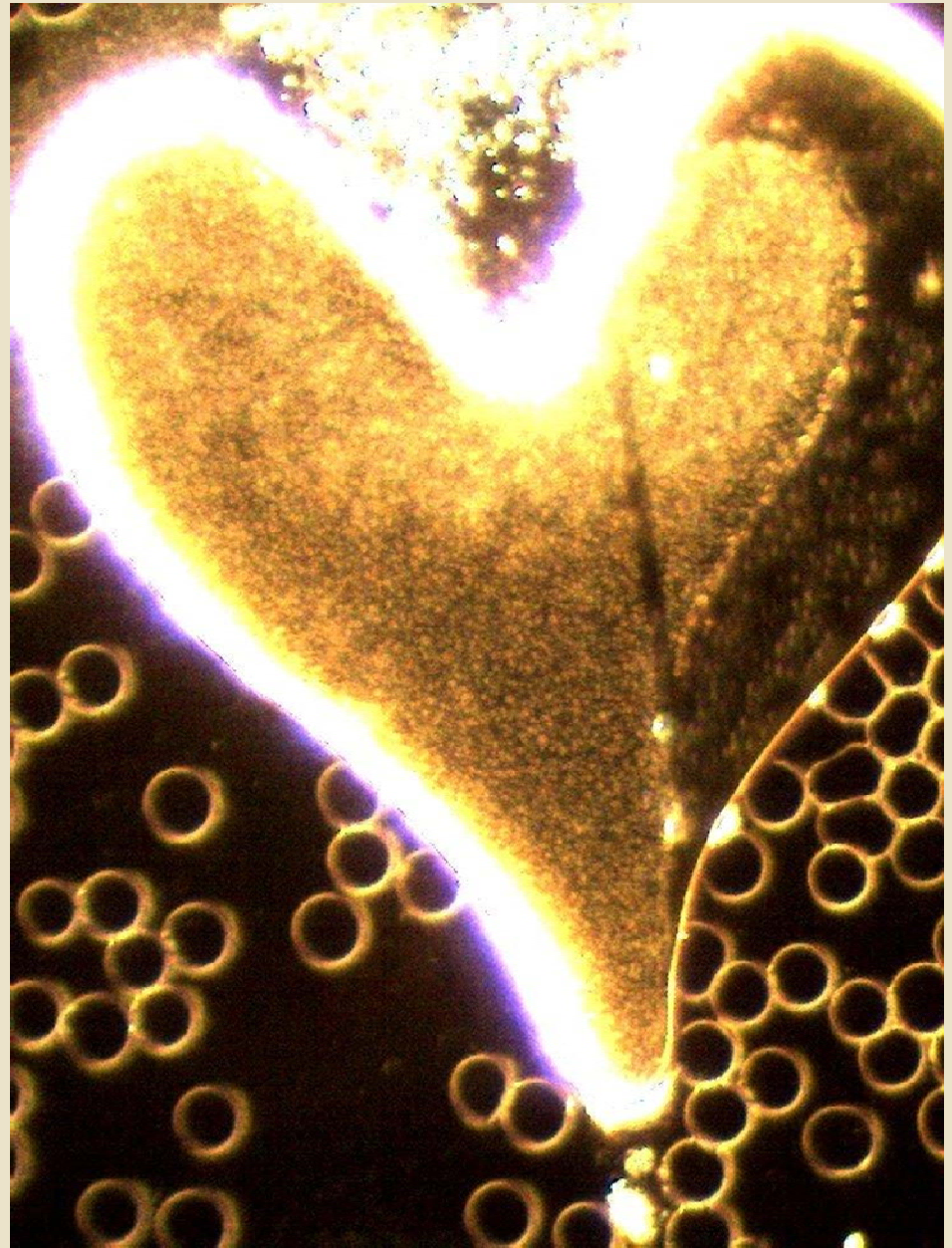
Heart shaped white  
blood cells after an  
energy session

Client 11-029;  
June 5, 2015



Client 11-020;  
June 26, 2015

Additional  
Participants  
Required

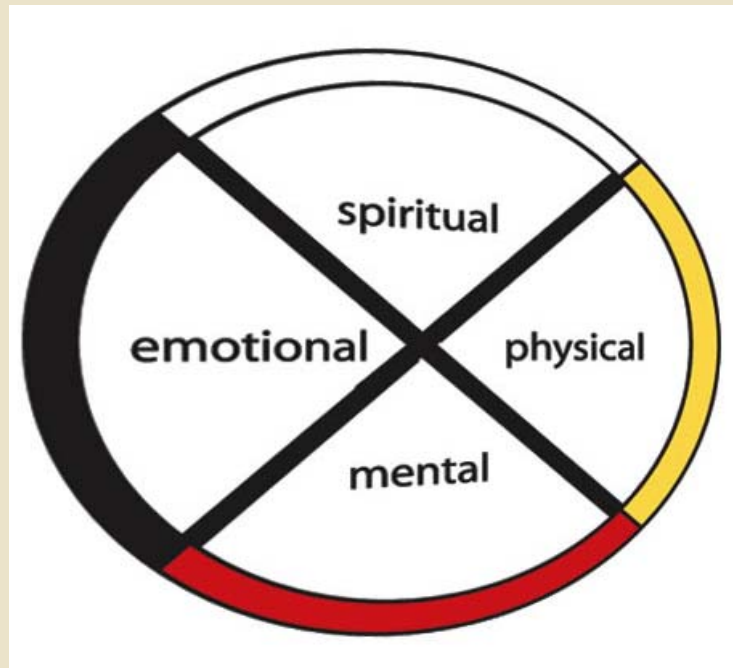




# Healing Wheel

- Priest
- Minister
- Rabbi
- Shaman
- Community
- Family
- Friends

- Psychologist
- Psychiatrist
- Therapist
- Social Worker
- Pharmacist
- Holistic Healer
- Counsellor
- Family
- Loved Ones
- Pets



- Educator
- Holistic Healer
- Family
- Oneself

- Family physician
- Emergency doctor
- Pharmacist
- Dentist
- Optometrist
- Chiropractor
- Osteopath
- Massage Therapist
- Holistic Healer
- Acupuncturist
- Naturopath
- Homeopath
- Personal Trainer

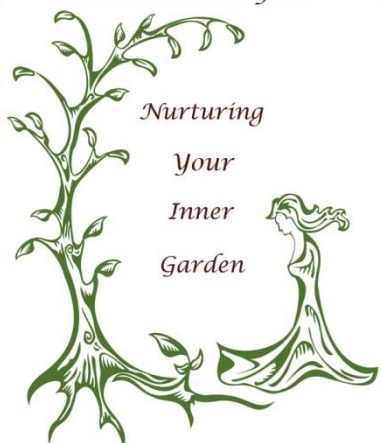


Magic is just science that  
we don't understand yet.

Arthur C. Clarke

 quote fancy





*Roxana Roshon* Ph.D.  
*Naturopathist*

*Toxicologist by Training  
Healer by Passion and Choice*



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