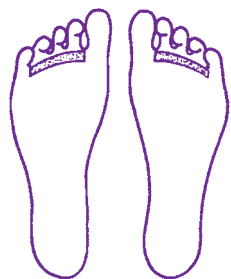


**FOOT REFLEXOLOGY** stimulates the reflex points on the feet that correspond to all parts of the body via a “foot massage.” This gentle, but powerful, therapy encourages the body to heal itself at its own pace. Reflexology will relax you while stimulating the body’s own healing mechanisms.



**INTEGRATED KABBALISTIC HEALING** (IKH) meets you where you are right now and assists your quest for transformation, healing, and living an authentic life. Our goal is ultimately to become more human and to learn to share our humanity.

The Kabbalistic healer works with the relationships and attributes of the Tree of Life. The Tree is made up of the characteristics of God that are held in relationship to one another. We are reflections of the Tree of Life. These characteristics are frequently out of balance. The IKH healer works with the client to bring the characteristics into balance.

The healings help to initiate a new level of consciousness in the client’s life and old patterns of relating change, often rapidly. Many levels are affected at once because of the dynamic relationship between all parts of the Tree. The healer traces cause and effect of the underlying conditions and comes to a deeper understanding of the client who in turn experiences a deeper understanding of self.

Working with these characteristics is like working with a stone that has come out of place in the foundation of a building, thus jeopardizing its stability. When it is returned to its rightful place, it creates shifts throughout the entire building, restoring order and stability.

IKH integrates 13th century Kabbalistic wisdom, the latest theories in quantum physics, 20th century psychological insight and teachings of non-duality into a deeply transformative healing modality. Kabbalah consists of a large body of thought on the nature of divinity, creation, the origin and fate of the soul, and the role of human beings.

**REIKI** is an old and powerful Japanese hands-on healing method that promotes healing on the physical, mental, emotional and spiritual levels. Reiki brings about a synchronizing and energizing of vital meridian/acupuncture points while gently aligning and balancing the major energy centers. Reiki restores, balances and aligns us on all levels so that we may live healthier and happier lives. Reiki relaxes and enhances our well-being.



## HOMEOPATHIC CARE and NATUROPATHIC CARE

Homeopathy stimulates an individual’s healing response based upon that person’s specific expression of symptoms.

Naturopathy aids in restoring health via natural therapies, which enhances the body’s ability to heal itself. Dr. Reece received his degree in 1983 from the John Bastyr College of Naturopathic Medicine (now Bastyr University).

*“Work on the self and work on others is ultimately the same thing. With deep insight into our own condition, our own suffering and joy, and our own relationship to the Source of our being, which some call God, we can create healing on every level.”*

*- Jason Shulman (Creator of IKH)*

## BREATHWORK

**POWER OF BREATH** sessions allow the client to experience their own breathing; its deficiencies; and the correct breathing process. Methods to open the breath and practices to improve breathing are taught. This supports the client’s journey to better health, increases relaxation, reduces stress, and increases energy.

**TRANSFORMATIONAL BREATH (TB)** is a natural healing method that mobilizes the body’s resources toward wholeness and well-being. TB works on the level of cause as opposed to only treating symptoms. TB is a powerful technique to release old issues and traumas, change behaviors, open the breath, increase energy, and support positive transformation. The mind/body/spirit system is healthiest when the breath is not restricted.

# ALTERNATIVE HEALTH ASSOCIATES

**Michael C. Reece, ND**  
Homeopathic Care; Naturopathic Care

**Gail Wickwire, BS, CIKH, CFR, CRM, CTBF**

Integrated Kabbalistic Healing;  
Foot Reflexology; Reiki;  
Breathwork

Integrated Kabbalistic Healing and Reiki are equally effective in person or as distant healings.

The practitioners at Alternative Health Associates are dedicated to assisting the process of enhancing wholeness, well-being & personal empowerment. Each practitioner approaches their work with compassion, integrity & experience to facilitate each client's journey. We hold a vision that everyone can live a life of joy, freedom, passion and abundant health.

*The greater danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it.*

*- Michelangelo*

Services provided at Alternative Health Associates support our clients' journeys to wellness and are not diagnostic or a substitute for traditional medical care.

STAMP

*Whatever you can do, or dream you can, begin it;  
Boldness has genius, power and magic in it. Begin it now.*  
**Goethe**

**ALTERNATIVE HEALTH ASSOCIATES**

1713 N. Second Street  
Harrisburg, PA 17102

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A Wellness Center

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Personalized, compassionate care by certified practitioners.

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