

Alternative Medicine & Energy Healing

These are the article topics we want covered from August 1, 2020 to December 2020. Choose one to write about. For articles that have (Magazine) beside them, those articles will be included in an upcoming edition of the premium magazine.

Massage & Acupuncture

- Acupressure Points Used In Acupuncture
- Common Questions About Acupuncture
- Essential Oils To Use During Massage
- How Acupuncture Helps With Chronic Pain
- How To Give A Scalp Massage
- How To Prepare For Getting A Massage
- Ice vs Heat When Used For Massage
- Mental Benefits of Massage
- Physical Benefits of Massage
- Simple Methods For Giving Your Baby A Massage
- The 5 Massage Pressure Points To Know About
- The Benefits of Getting a Foot Massage
- The Gentlest Forms of Massage
- Using Acupuncture for Weight Loss
- Ways To Give Your Partner a Massage
- Ways Your Body Can Change After Acupuncture
- What Is Kansa Massage?
- What Is An Ayurveda Massage?
- Reasons To Get Acupuncture on a Regular Basis
- Deep Tissue Massage
- Lymphatic Massage
- Reflexology Massage
- Shiatsu Massage
- Swedish Massage

Reflexology

- Intro to Reflexology
- How Reflexology Can Benefit You
- Foot Reflexology
- Palm Reflexology
- Ear Reflexology
- Facial Reflexology
- Tools Used For Reflexology
- Beginner Reflexology
- Incorporating Essential Oils
- How Often To Do Reflexology

Chinese Nutritional Therapy

- Origins of Chinese Medicine and Nutritional Therapy

- Nutritional Therapy as Part of Chinese Medicine
- The Qi Concept
- Functions of Qi
- Functions of Fu Organs
- Internal Organ Syndromes
- Organ Interrelationships
- Qi, Blood and Body Fluids
- Yin-Yang in The Human Body
- The Five Elements
- Food Energetics
- External Causes of Disease
- Internal Causes of Disease-Emotions
- Poor Constitution
- Pulse Diagnosis
- Tongue Diagnosis
- Eating for Overall Health
- Blood Deficiency Diet
- Using Superfoods and Chinese Herbs In Cooking

Ayurveda

- The Origins of Ayurveda
- Ayurveda: The Science of Life
- 3 Ancient Disciplines
- The Fundamental Principles of Ayurveda
- The 20 Qualities
- Defining The Tridosha: Vatta, Pitta, Kapha
- The Srota States
- Ayurveda Energy Systems
- 3 Vital Forces
- Nadis: Energy Channels Explained
- 7 Chakras
- Ayurvedic Constitution Types
- Evaluating Your Ayurvedic Constitution Type
- Pathways of Disease
- 6 States of Disease
- Ayurveda: Early Symptom Detection
- Treating Diseases With Ayurveda
- Ayurvedic Diet and Optimal Health
- Foods and the Gunas
- Doshas and Diet
- Pitta Dosh Food Choices
- Kapha Food Choices
- 6 Essential Flavours: RASA
- 6 Stages of Digestion
- Lifestyle and Daily Rituals
- General Health, Food and Taste Guidelines

Crystal Healing

- How Crystal Healing Works
- Crystal Healing Terminology
- Crystal Attributes
- Crystal Systems and Shapes
- The Benefits of Crystal Healing
- How To Clear and Cleanse Stones
- How To Activate and Awaken Crystals
- Proper Methods of Storing Crystals
- Grounding and Centering Using Crystals
- Common Crystals and Stones
- Crystal Healing and Other Therapeutic Techniques
- Chakra and Aura Scanning Techniques
- Your Aura
- Methods of Clearing Cords and Connections from Chakras
- Repairing Energy Leaks and Blockages
- An Introduction to Laser Wands
- Neurological Balance Technique
- Lymphatic Balance Technique
- Parental Healing
- Crystal Grids
- Healing Amplification with Quartz Crystals
- Introduction to Remote Healing with Crystals and Crystal Grids
- Creating Crystal Elixirs and Essences
- Crystal Essences
- Intro to Meditation with Crystals
- Earth Healing Meditations
- Programming Stones with Colour Energy for Enhanced Treatment Potential
- Energetic Safety and Ethics
- Possible Contra-indications of Crystal Work
- Meridians of the Body
- Methods of Preparing Your Healing Space
- How To Build Your Crystal Healing Toolkit
- How To Do a Chakra Cleansing
- The Aura and the 7 Subtle Bodies
- How To Choose a Crystal
- What Is Sacred Geometry?
- Sacred Geometry and Crystal Grids
- Treating Mental and Emotional Issues
- Metaphysical / Spiritual Healing
- Crystals for Spiritual Development

EFT- Emotional Freedom Technique

- What Is EFT?

- The Birth of EFT
- How Does EFT Work?
- The Meridian System
- Meridians and EFT Tapping Points
- The King's Bodyguard
- The Full EFT Procedure
- Psychological Reversal
- The Wayne Cook Posture
- When EFT Can Help
- The Path to Successful EFT
- Additional Methods for Successful EFT
- Teaching Children to Tap
- EFT Foundations for Children
- Treating Phobias with EFT
- Treating Addictions with EFT
- Treating Emotional, Psychological and Physical Issues

Medicinal Cannabis and CBD Oil

- The History of Cannabis
- Cannabis Varieties and Active Constituents
- Cannabinoid Medications
- CBD Oil
- CBD Oil Products
- Cannabis and Chemical Reactions- THC, THCV, CBD, CBG, CBC, CBN, CBDV, Terpenes
- Understanding the Nervous System
- The Endocannabinoid System & Endocannabinoid Receptors
- Endocannabinoids- Anandamide and 2-AG
- The Physiology of Pain
- Cannabinoid Analgesia
- How To Use Cannabinoids for Pain
- Managing Painful Conditions
- Cancer: The Diagnosis and Physiology
- Treating Cancer: The Orthodox Approach
- Current Research and Proposed Mechanisms of Action
- Dose Considerations
- Cannabinoids for IBS and IBD
- Cannabinoids for Leaky Gut Syndrome, Heartburn, Nausea and Vomiting
- Endocannabinoid System and the Respiratory System
- Our Immune System
- The Endocannabinoid System Influence
- Autoimmune Disease and MS
- Cannabinoids in HIV and AIDS
- Cannabinoids and Mental Health
- The Negative Effects of Cannabis and Cannabinoids for Stress & Anxiety
- Depression

- Insomnia
- ADHD
- Drug Addiction