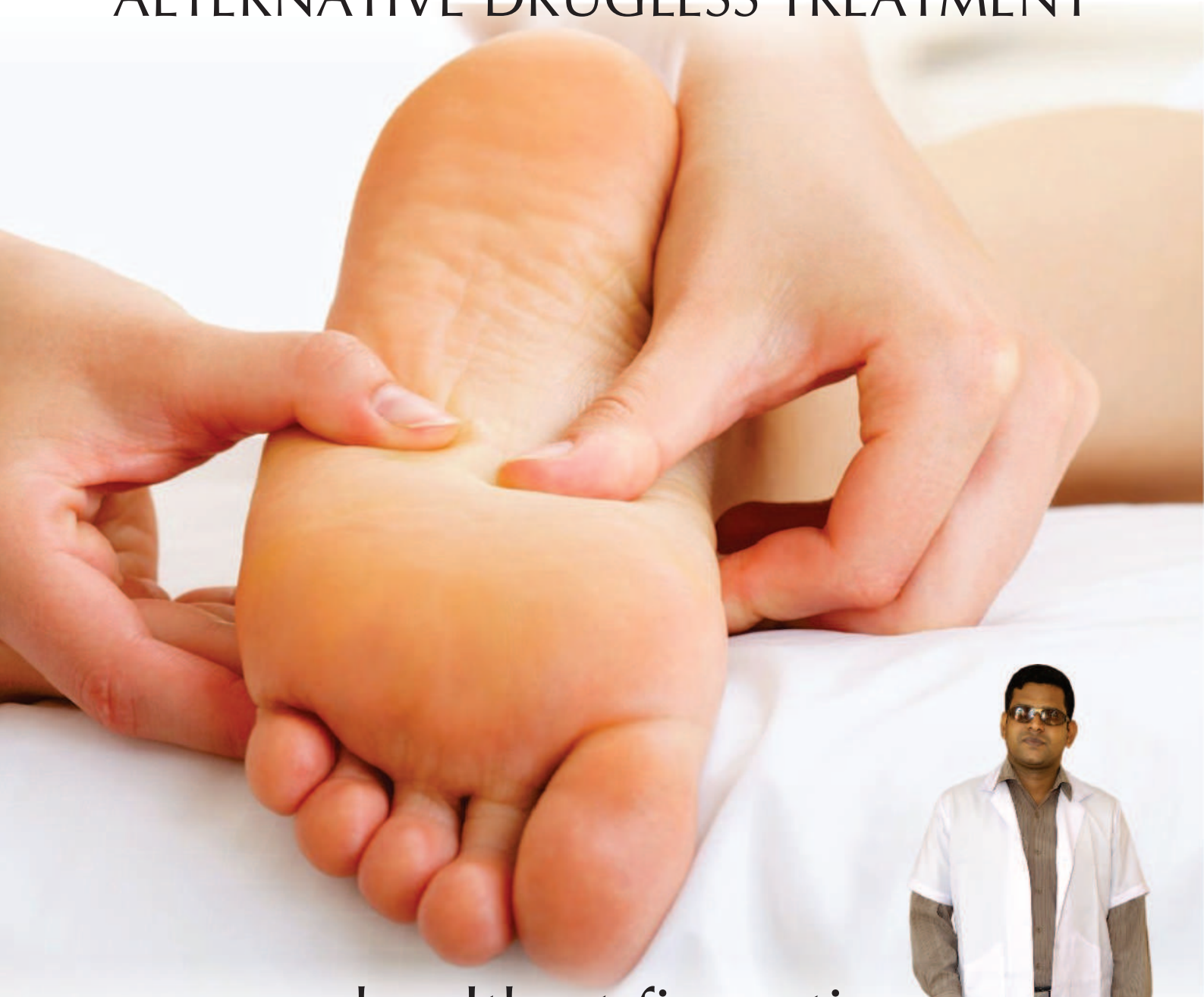
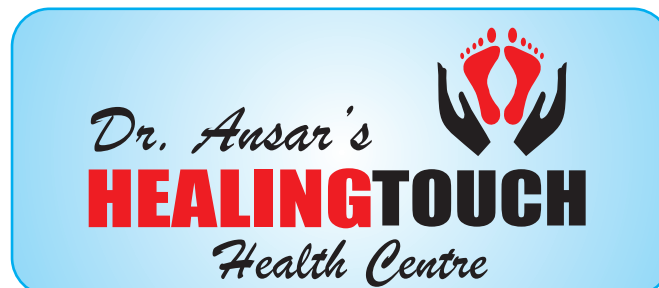


ALTERNATIVE DRUGLESS TREATMENT



...health at fingertips



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www.hthc.in





Dr. Ansar's
HEALING TOUCH
Health Centre

Thank you, Ansar, for a thorough and tremendously effective reflexology session. You are a remarkable human being and you do your work ~~best~~ with great care, hard effort and great knowledge of what you are doing. Thank you for your excellent service.

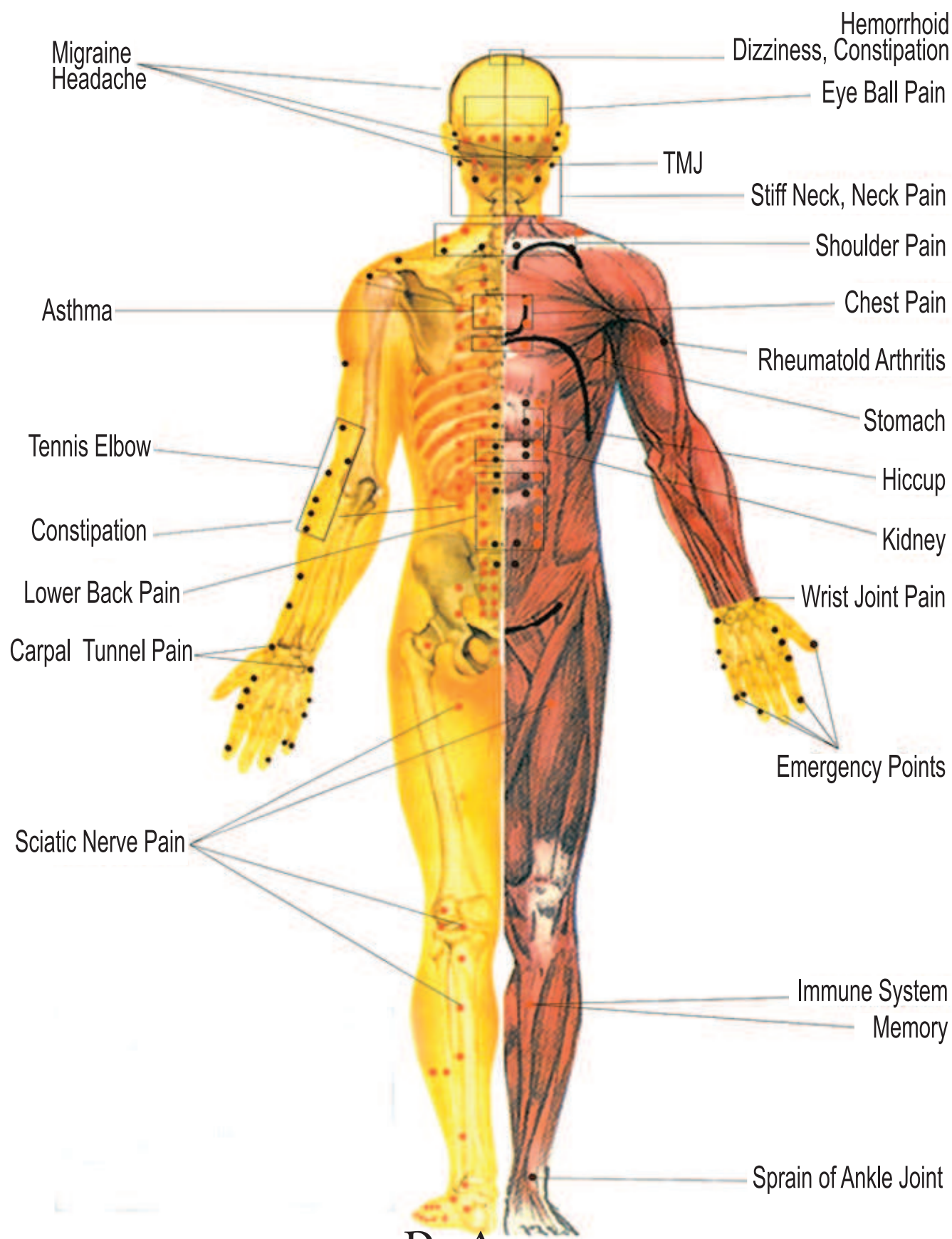


Hariprasad
SHARATH NARAYAN

Harisar is very Good - *SPR. Shad*
(FILM STAR)



Harisar is very Good. Entertain the and simple. Reflexology is effective. Wish him all



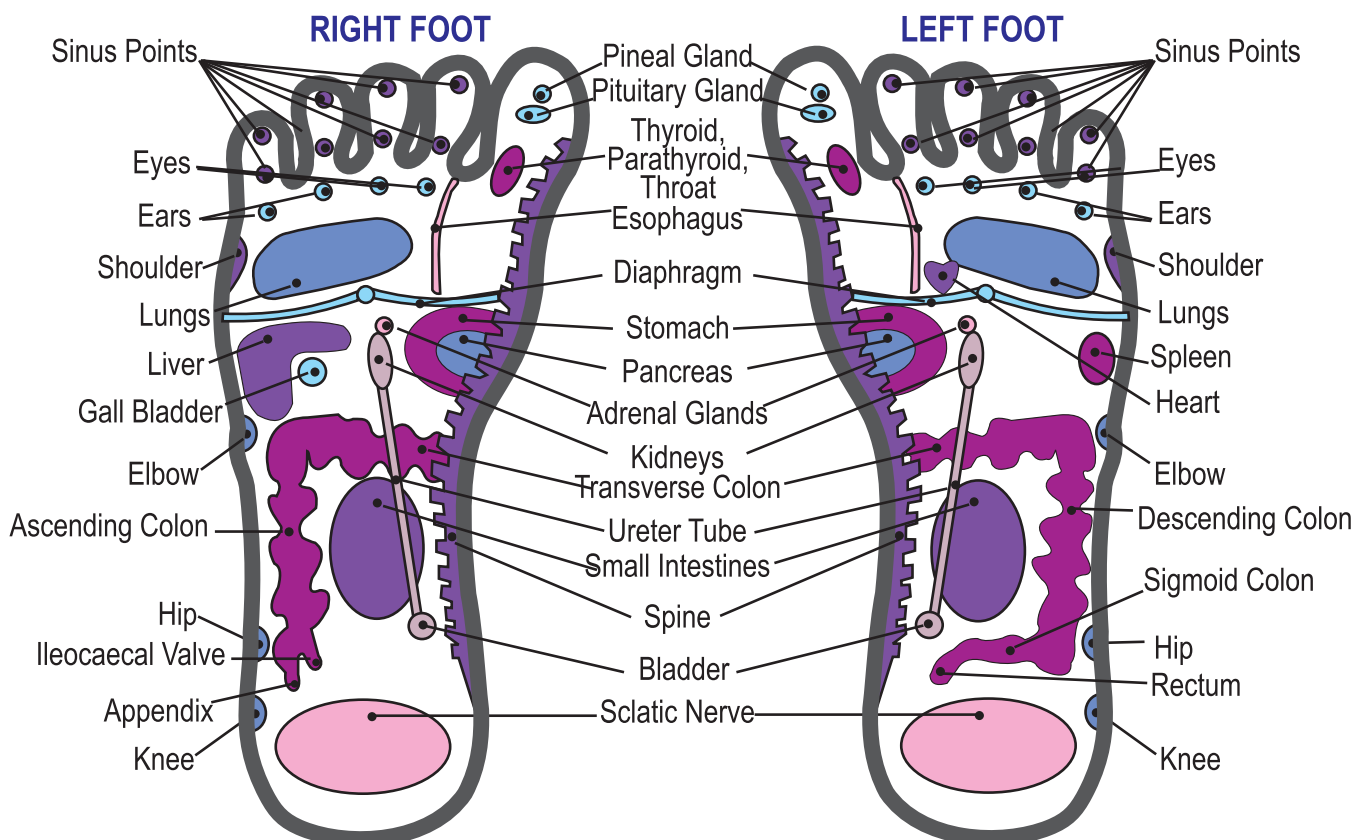
Dr. Ansar

was the Chief Consultant, Department of Holistic Medicine,
KIMS Welness Clinic under KIMS Hospital, Ernakulam

Alternative therapy is a unique combination of Naturopathy, Reflexology, Acupressure, Magneto Therapy, Sujok Therapy, Thai Therapy, Zone Therapy, Meridianology, Aroma Therapy & Marma. It is a treatment without drug.

Alternative Treatment

Alternative medicine is system of Natural therapeutics based on vitality and self healing ability of living organisms. For example, application of a specific pressure on particular areas of the feet helps balance the system. It works on the principle that there are reflexes in the feet corresponding to every part of the body. This holistic system serves to relax, improves the functioning of all body systems, promoting a general feeling of wellness and harmony.



Treatment :

- Can aid in the relief of aches, migraine, neck, shoulder, back & leg pain, nerve diseases and tension etc.
 - Can aid digestive and elimination difficulties. Improves the circulation of both blood and lymph.
-
- Chronic diseases such as Stiffness, Pain, Limitation of Movement, Poor circulation around neck, shoulder, Low back, Hip.
 - Insomnia, Weak Digestion, Tiredness
 - Musculo - Skeletal, Neurological and Circulatory Disorders
 - Locomotor apparatus diseases: Low Back Pain, Frozen Shoulder, Cervicobrachial Syndrome, Knee Osteoarthritis, Rheumatoid Arthritis, Muscle Ache, Tendovaginitis, Muscle Inflammation, Tendon Inflammation, Osteoarthritis (soft tissue contracture), Aftereffects from fracture/bone dislocation /sprain
 - Digestive System Disease: Habitual Constipation, Irritable Bowel Syndrome, Gastric Atonia, Intestinal Atonia, Chronic Gastritis, Chronic Enteritis
 - Respiratory Diseases: Bronchial Asthma, Chronic Bronchitis
 - Cardiovascular Diseases: Local Hyperemia, Congestion, Anemia, Hydrops
 - Gynecological Diseases: Congestive Mastitis, Menopausal Symptoms, Dysmenorrhea
 - Others: Eyestrain, Aftercare reconditioning
 - Especially effective on recent increasing lifestyle related diseases such as autonomic nervous disorders
 - Nervous System Diseases: Neuralgia, Paralysis of peripheral nerves, Spasm of peripheral nerves, Aftereffects of a stroke

It improves blood circulation and helps protecting the main organs by expelling lactic acid and uric acid from our body. And loosens the tightness in joints and organs as well. Maintains positive body energy. Expands life by improving blood circulation to fetch oxygen into all the organs and cells of our body. Eliminates impurities without drugs and reduces the blocks in nerve system, thus avoid the risk of heart attack to an extend.

Rejuvenation :

- Provides relaxation and manages stress
- Helps to improve sleep pattern
- Enhances mental and physical well being

Benefits of this therapy

To the busy modern man, always on the treadmill of life, this calming natural therapy will be godsend. It can be done as treatment or rejuvenation and the benefits include;

How many types of illness can be treated at a time?

Many ailments can be cured altogether in a single treatment. For example, the treatment has cured 5 different illness just after taking the therapy and the rest of illnesses got cured gradually, for a person having almost 10 different types of illness. Likewise many ailments which the patient was not aware of also were cured.

Does it have any side effects?

It does not have any side effects at all, but is healthy and rejuvenating.

How long the treatment lasts?

It depends on the body condition of each patient. Some patients get immediate results, while some others may have to take more than two therapies to feel the difference.

Is there any age bar?

No. New born babies to any age can take this treatment.

Is there any special diet or instructions to be observed?

There is no such requirements for this treatment. The patient do not need to change his lifestyle.

Process and Duration

Therapy sessions in general last from 30 minutes to an hour. It is a clothed session with only the removal of shoes and socks as a requirement. Therapist uses pressure, stretch and movement to work through the foot methodically. You should feel relaxation at the end of a session. How long that relaxation lasts is a good indicator of the effectiveness of the session.

This therapy can be done practically anytime and anywhere. Consistency is what would produce best results. Though magical results cannot be achieved overnight, it does help a tired body and mind. For those who have never undergone reflexology therapy, it is generally found that the successive ones are more effective than the first one.

The Therapist

Ansar C. A. is a qualified practitioner in alternative medicine, and a registered member of the Indian Board of Alternative Medicines. He has a M.Sc. degree in Naturopathy and Yoga. He studied at the prestigious Jayendra Saraswathi Ayurveda College, Chennai, where he trained in 'Panchakarma'. He learned Swedish massage, Zone Therapy, Sujok Therapy, Foot Reflexology from Mumbai and Yoga from Vyasa, Bangalore. After obtaining his primary qualification in these areas, he underwent advanced training in reflexology, Thai marma therapy, Neck and shoulder therapy and Aroma therapy in Thailand, and is now establishing himself as a leading practitioner in this field in Kerala. He had been Awarded PhD in alternative medicine and Marma Shastra by the Open International University.

Ansar began experiencing failing eye sight in the year 2000, and by 2006, had completely lost his vision. Undaunted by this set-back, Ansar responded to it in a positive manner. He

believes that his lack of vision, rather than being a handicap allows him a better focus on his Chosen field of foot reflexology. He feels that in the absence of visual distractions he is able to concentrate better on the various pressure points that form very foundation of the science of foot reflexology. The lack of vision has only served to increase his sensory capabilities allowing him to seek out the pressure points with more precision and focus. It is also believed that certain therapies are performed better with the eyes closed for more concentration. Thus, the handicap has proved to be a blessing in disguise for both the therapist and the client, with the latter enjoying absolute privacy of attire while foot reflexology is being performed.

Ansar had conducted his practice at the Gateway Hotel Cochin (formerly Taj Residency) for a period of two and half years, before setting up his own well appointed clinic at Vyttila, where he currently attends to patients Monday through Saturday from 10.00 a. m. to 5.00 p.m. He has a large clientele, including celebrities from various fields, corporate heads and prominent members of the society who have experienced the positive feelings of wellness from his treatment sessions. Articles and features on him have appeared in Dailies like Manorama, Indian Express, Deccan Herald, Hindu, Vanitha, Manoram Arogyam etc. among other publications.





**RINALDO VERI
V. ADMIRAL, ITALIAN NAVY**



PADMASREE DR. KURIAN JOHN



Dr. Ansar's
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