

# OUR THERAPY

Nu-Reflexology offers a range of different treatment services, which are divided into a 4-segment therapy approach. (1) Bone Reflexology (2) Mongolian Osteopath (3) Mongolian Bone Alignment (4) SOQI Multi-Energy Therapy. Each of these segments can be administered independently or in conjunction with any of the other segments depending on the medical needs of the client and are based on working with the qì and 5 elements of the human.

## THE QI

In traditional Chinese as well as other Eastern cultures, qì is considered the active principle forming part of any living thing. It is frequently also termed as "life energy, life force, or energy flow". The literal translation of "qì" is breath, air, or gas. When the qì gets blocked and trapped within the various muscles, it needs to be released in order for the five elements of the human body to be brought back into balance and harmony.

## THE 5 ELEMENTS

The theory of the five elements is used to interpret the relationship between the physiology and pathology of the human body and the natural environment. They are in constant movement and change, and the interdependence and mutual restraint of the five elements explains the complex connection between material objects as well as the unity between the human body and the natural world.

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The order of mutual promoting among the five elements is that wood promotes fire, fire promotes earth, earth promotes metal, metal promotes water, and water promotes wood creating an endless circle or cycle. According to the order of mutual restraining, however, wood restrains earth, earth restrains metal, metal restrains water, water restrains fire, and fire restrains wood.

Mutual promoting and mutual restraining are two aspects that cannot be separated. If there is no promoting, then there is no birth and growth. If there is no restraining, then there is no change and development for maintaining normal harmonious relations. Thus the movement and change of all things exists through their mutual promoting and restraining relationships. These relationships are the basis of the circulation of natural elements.

