

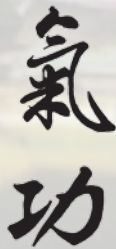
Therapeutic Massage

The Help U Heal massage technique is a holistic approach to relieve muscle tension, increase energy, and realign mental focus. This holistic approach focuses on healing and aligning the body, mind, and spirit. The process of alleviating tension affects the circulatory, digestive, and respiratory systems of the body. We offer various massage techniques that focus the therapy to meet specific needs or conditions, such as Deep Tissue, Sports, Orthopedic, Tuina, and Relaxation.



Medical Qigong

Medical Qigong (“chee-gong”) balances the energy flow (chi) throughout the body. It realigns the natural circulation of chi throughout the body’s channels. The practitioner is able to feel “unbalanced energy” and realign the flow of energy and remove blockages and toxins from the patient. This process can also provide energy to deficient organs or meridians.



*Our philosophy is
“We don’t heal you...*

*You Heal
Yourself!*

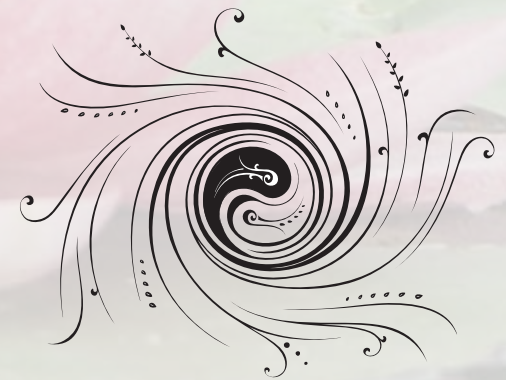
Herbology

Herbology is the art of identifying medicinal herbs to address each patient’s particular conditions. The first book found on Traditional Chinese Herbal Medicine “The Classic of Materia Medica - Shen Nong Ben Cao Jing” was compiled in the era of the Qin and Han dynasties, circa 206 B.C. The herbs are classified into different properties of temperature and taste. Temperature characteristics are warm, hot, cold, cool and neutral. Characteristics of taste are sour, sweet, spicy, astringent, bitter, salty or neutral. Chinese Herbology utilizes all of the parts of plants, including leaf, stem, flower, and roots. Each herbal prescription is a combination of different herbs that resolves the underlying root cause, restoring balance and harmony.



Nutrition

Nutrition is a key component in Chinese Medicine as a factor of health and healing. The Chinese believe that we are surrounded by five energy elements: Wood, Fire, Earth, Metal, and Water. These elements are related with the seasons and we should eat according to the season to bring harmony to our body. The goal is to use the healing power of whole foods according to nature to restore our health and to prevent illnesses in the future.



Life Coaching

Life Coaching using Neuro-Linguistic Programming (NLP) techniques and Five Element Theory provides powerful tools for life management and enhancement. NLP offers specific techniques to effect personal change, to know what you want, and how to get there. Five Element Therapy also incorporates the five elements according to an individual’s personality type in relation to balancing and transforming the emotions of anger, fear, anxiety and sadness to love, compassion, calmness, surrender and joy.

Sundar Tomas Sanchez is a native of Spain. He is certified in NLP, Healing



Tao, Massage Therapy (CMT), and is a Qigong Instructor. Sundar has been involved in healing work since

1997. He obtained a college degree in Psychology and a Master's Degree in Medical Qigong at the International Institute of Medical Qigong. Sundar is currently attending the Five Branches Institute pursuing his Master's Degree in Traditional Chinese Medicine.

His traditional scholastic coursework is focused in the areas of Anatomy, Pathophysiology, Pharmacology and Western Diagnosis. The "non-traditional" coursework and training include Medical Qigong, Tai Chi, Healing Tao, Bagua, Physical Theater, and Creative Movement.

Sundar has a dedicated daily practice of Qigong, Meditation and Spiritual ceremony, bringing together the mind and body connection, and integrating Eastern and Western medicine and practices.

*The healing arts
are his passion!*



HelpUHeal

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HelpUHeal



**Massage
Nutrition
Herbology
Life Coaching
Medical Qigong**

Sundar Tomas Sanchez
Integrative Therapy