



Sina Conrad
Chinese medicine and naturopathy

Additional naturopathic methods used in my practice

Pelvic and spinal mobilization - coming back to the middle

This method is a gentle form to bring back the pelvis and spine to their correct position and to counteract possible false postures, which can lead to muscle tension and pain.

Reflexology

Treating specific areas on hands, feet and ears is a very effective form of holistic prophylactical therapy. The different reflex zones can be used for diagnosis as well as for treatment..

Neuro – Linguistic Programming (NLP) – counselling

Neuro - Linguistic Programming (NLP) deals with structures of new subjective experience and provides models of human experience and communication. NLP studies behavioural patterns or programming that are created through the interaction of the brain (neuro), the language (linguistic) and the body, which produce effective as well as ineffective behaviour.

The costs for a therapeutic session for a single person are CHF 100.00 per hour.
I am recognized by health insurances.

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