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PURIFICATION THROUGH DETOXIFICATION (A JOURNEY THROUGH SELF)

By Priti K. Shroff
PRISIM – The Healing Temple

"Detoxification is one of the more widely used treatments and concepts in alternative medicine. It is based on the principle that illnesses can be caused by the accumulation of toxic substances (toxins) in the body. Eliminating existing toxins and avoiding new toxins are essential parts of the healing process."

"Neither I want a kingdom at my disposal, nor do I wish to have the pleasures of heaven. Emancipation too is not my ultimate goal, but what I want is the capacity to mitigate the agonies of diseased living beings." By Mahatma Gandhi.

The above is also the mission statement of Prisim -the healing temple. And, it is this very philosophy which guides and motivates us to heal many souls from our heartspace.

Research suggests that 82% people living in metros in India suffer from psychosomatic problems. This means feeling stressed and exhausted, lacking self confidence and having regular complaints like headache, body ache, high blood pressure, hypertension, obesity etc. This imbalance keeps the body in a constant state of unreleased tension which affects work, life family as well as office, and peace of mind.

Generally, detoxification, or detox for short, means the removal of toxic substances from the body. However, with the changing lifestyles and the stresses we go through our everyday life, Prisim goes a step further and includes removal of toxic substances from the body as well as from mind and soul too.

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(toxins) in the body. Eliminating existing toxins and avoiding new toxins are essential parts of the healing process. Detoxification utilizes a variety of tests and techniques.

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The various therapies/activities involved in the 10 Days Detoxification program are:

Case History

Surely, without a detailed understanding of a person, one cannot help an individual to help his/her self. A detailed Case History gives a clear picture of where the individual currently is and where he/she needs to be taken. It is this Case History that helps us decide which therapies are to be recommended to the member.

Raw Foods Lifestyle

Raw Foods gained popularity in the 1900s, being hailed by holistic health practitioner Ann Wigmore and health educator Herbert Shelton.

Any food cooked above 116°F loses its enzymes. Moreover, cooking changes the molecular of structure rendering it toxic.

Raw Food Lifestyle consists of minimum cooking of food from solar energy and maximum intake of uncooked, raw fruits and vegetables.

It completely excludes the 5 whites - sugar, salt, milk, rice and flour maida.

Emotional Catharsis

Emotional Catharsis initially starts with cleansing of toxic waste in the mind. Every negative thought that we generate creates depletion of energy. So, let us be very careful in what we are asking for from our Divine Creator.

In the words of James Allen, "A change in diet will not help those who will not change their thoughts. When our thoughts are pure, we no longer desire impure food."

Hydro-Colonics/Colon Irrigation

Whatever we eat affects our mind and body. Excessive eating due to emotional upsurge builds a toxic load on the colon. Thus, Hydro-Colonics helps us to get rid of our unwanted emotions by flushing them out and letting them go. Various other therapies are available to maintain an "e in motion" being.

Dietary Session

The Dietary Session is conducted on the Ayurveda philosophy.

AYUR Natural Life Span VEDA Sacred knowledge

Therefore, Ayurveda means the sacred knowledge of how to extend ones life span naturally.

Each of us is determined by the balance of the "doshas" in our make-up, and each "dosha" is a combination of two of the five elements. "Doshas" are life forces and are found only in living things, not in inanimate matter. The term "dosha" means the force that darkens or causes things to decay. The three "doshas" are named, "vata," "pitta," and "kapha."

On the basis of these doshas, a comprehensive diet plan is charted out for the person concerned.

Essential Oils and Bath Salts

The body needs to be attended by fragrance in life. Using beneficial properties of Essential Oils to stimulate and pamper the olfactory nerves. Bath Salts play vital role in blood circulation and encourage gentle detoxification of the system. They reduce fluid retention in the tissues.

Aura Scan and Analysis

To properly gauge the emotions and physical pains of each individual, an Aura

Scan needs to be taken, which gives the understanding of seven energy centers located in our gross body, and the areas where the individual feels the physical pain.

Reflexology and Full Body Massage

The balance of the Ying and Yang can be achieved by Reflexology that activates all the nerve endings, which ends at the soles of our feet. This, in turn, harmonizes the five elements in the body, by applying pressure on the external body using thumb, hand or jimmy.

Massage helps the body to enter a deep state of physical and mental relaxation, making it ready for the next step i.e. meditation, where one feels in supreme bliss with oneself.

Shankh Yoga

Doing asanas with dhyana takes us in an inward journey, enabling us to visualize our inner soul, the God that resides within each one of us, in the temple of our body.

Shankh Yoga by Firdos Irani, founder and practitioner of Shankh Yoga, with its profound vibrations, transports the listener into the beautiful, vibrant world of Shankh Yoga -the first of its kind in India. It is through this kind of Yoga that the body, mind and soul truly come in unison.

Organic Foods, Reverse Osmosis Water & Ozone Air Purifier

Due to drastic impact of global warming, one needs to be very careful of the kind of agricultural products that we consume in our day to day life. Starting to introduce our body with organic foods, and Raw Food recipes, which nature has provided for us in abundance, and solar energy for rejuvenation. We should consume Reverse Osmosis Water, which activates stimulation. More oxygen can be provided by Chi Machine and exercises on the Rebounder, which keeps the immune system healthy and the diseases at bay.

And last, but not the least, which one of us doesn't need a breath of purified oxygen, rich air, known as Ozone Purified Air, which add one more atom of oxygen in every cell of our body.

Thus, complimentary therapies and its therapists work in tandem with the individual providing the much needed comfort for achieving optimum health in the trio of mind, body and soul.

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A SPECIAL 10% DISCOUNT
ON ITS
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(B) 'Complementary Therapies' – Priti Shroff

The speaker for this session, **Ms. Priti Shroff**, is a professional counselor and an owner of an Institute specializing in Alternate Therapies. The Institute comprises of Raw & Living Food Lifestyle (Solar Food), Yoga, Reflexology, Acupuncture, Acupressure, Ozone Air, Aromatherapy, Massages, Aura Scanning, Analysis & Cleansing, Numerology, Tarot Card Reading, Crystal Stones Reading and several other complementary therapies.

A team of doctors attend to the surgery and thereafter allopathic medications are prescribed for the same, but "human emotions" (living with a throbbing heart and soul) are left unattended or ignored. This gap between the two is filled-in by none other than the complementary therapists who play a challenging role in the entire process to see the final culmination of mind, body and spirit working in unison.

Emotional catharsis initially starts with toxic waste in the mind. Every negative thought that we generate creates depletion in energy. So let us be very careful in what we are asking for from our Divine Creator. In the words of James Allen, "A change in diet will not help those who will not change their thoughts. When our thoughts are pure, we no longer desire impure food". Thus, whatever we eat affects our mind and body. However, food is not the only focus in alternative therapies. Excessive eating due to emotional upsurge builds a toxic load on the colon. Thus, Hydrocolonics helps us to get rid of our unwanted emotions by flushing them out and letting them go. Various other therapies are available to maintain an e-motional being.

The body needs to be attended by fragrance in life, by using beneficial properties of essential oils, to stimulate and pamper the olfactory nerves thereby instilling an experience of well-being. This can be achieved by Aromatherapy. Furthermore, Aromatic Bath Salts have a natural therapeutic action on the skin, which plays a vital role in blood circulation, encourages gentle detoxification of the system, and reduces fluid retention in the tissues. But, the emotional part has still not been attended to by the abovementioned therapists. To properly gauge the emotions of each individual, we need to have an Aura Scan done which gives the understanding of seven energy centers located in our gross body. The balance of the Ying and Yang can be achieved by a traditional Chinese therapy known as Acupuncture, through which we harmonize the five elements in the body, by applying pressure on the external part of the body using thumb, jimmy, electro pads, or needles. Similarly, one can nourish the body by regulating the blood supply to the cells, through various kinds of Massages (Reflexology/Indian Head Massage). Massage helps the body to enter a deep state of physical and mental relaxation, making it ready for the next step, i.e. Meditation, where one feels in supreme bliss with one's Self. Doing asanas with this 'dhyana', takes us on an inward journey enabling us to visualize our inner soul –the God that resides within each of us, in the temple of the body.

Due to the drastic impacts of global warming, one needs to be very careful of the kind of agricultural products that we consume in our day-to-day life. Starting with organic foods, raw food recipes, which nature has provided us in abundance and solar energy for rejuvenation, we should consume Reverse Osmosis Water, which activates stimulation. More oxygen can be provided by Chi Machine, and exercises on the Rebounder, which keeps the immune system healthy and diseases at bay.

And last, but not the least, which of us doesn't need a breath of purified oxygen rich air, known as Ozone Purified Air. One more atom of oxygen in every cell of our body!

Thus, to sum it up, complementary therapies and its therapists, work in tandem with the patient, providing the much needed comfort for achieving optimum health in the trio of Mind, Body and Spirit.

With this, Ms. Priti Shroff concluded her session.

Website : www.prisimmbbs.com