

Good Health

October 2011 \$6.95 INC GST

10 GOOD REASONS TO GET NAKED



Nutrition

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Top healers share their secrets



Samantha Armytage
"Exercise is really good for stress"

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the gift of *healing*

Australia's leading healers share their fascinating stories and reveal how they walk their own talk to keep themselves well.

By Angela Donaldson

While you can learn to be a healer, for many people the calling to help others get well comes from within – their ability to heal is innate and their life experiences have drawn them to that inevitable destination.

We talked to four of Australia's top healers to discover how they came to be at the top of their field.





KEVIN FARROW

Kevin is the founder and practitioner of AcuEnergetics, one of the world's most exciting new healing modalities – and one home-grown in Australia.

WHAT I DO

Much of our pain and illness is caused by energy that contracts when we are habitually angry, worried or sad. The contracting energy affects specific organs and parts of our body, their functioning becomes compromised, then pain and symptoms appear. In order to treat any symptom, I begin by treating the person and the real cause. I use energetic hand techniques to clear energy blockages so the body can heal itself.

HOW I GOT INTO IT

My mother was a yoga teacher and I learnt yoga from her from when I was 18 months old. At 23, I moved to India to learn more about the mind and body. Originally I wanted to write the definitive book about the anatomy of the energetic system of the body that doctors and other health professionals

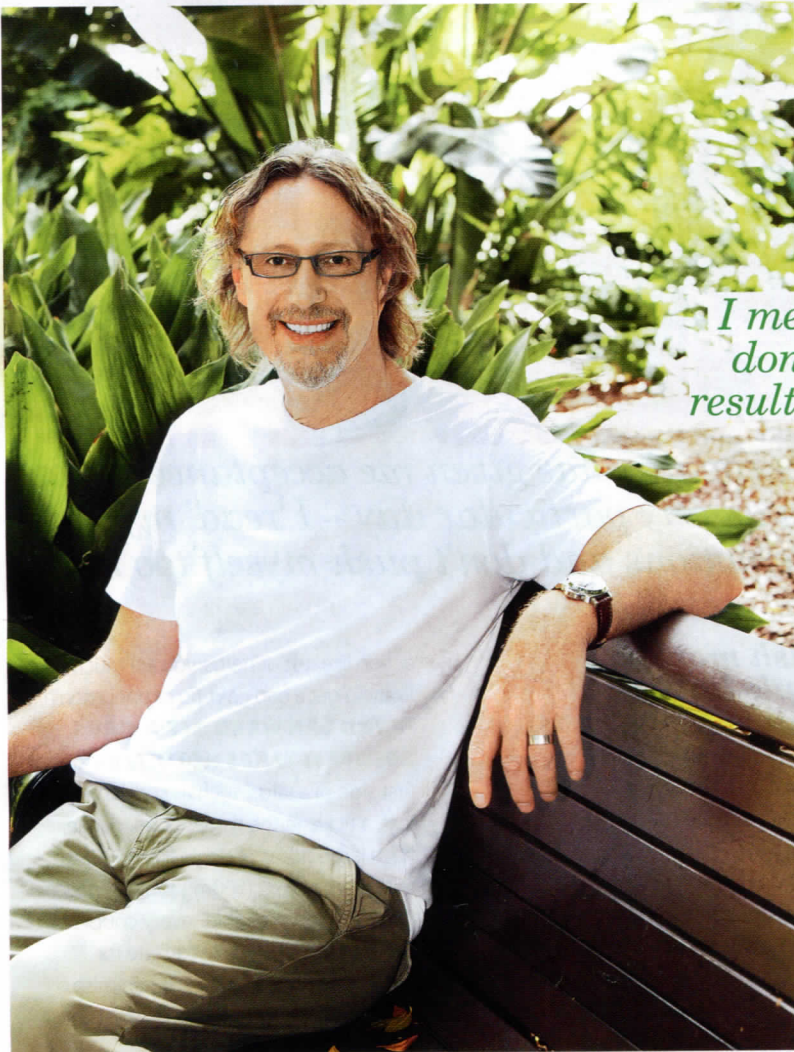
could use to get better results in treating illness. During my research, I discovered that treating the energetic system was actually the most efficient way of treating illness, and gave the best results.

WHY I DO IT

I love treating people as I've never been a believer in the fact that we are randomly struck down with any form of illness or physical problem. So long as people can change, people can heal.

WHO SHOULD SEE ME?

I treat people with sports injuries, back, neck and knee problems, high blood pressure, prostate problems, urinary tract problems, infertility, and arthritic problems. I also treat autistic children and help people manage their health through cancer treatments, grief and depression.



I meditate every day and have done so for many years. As a result, I get happier and happier.

HOW I WALK MY OWN TALK

→ I meditate every day. → I keep my heart open and when I notice it's not, I do something about it. → I don't take life, or myself, seriously (my wife won't let me!).

I wish more people knew...

→ **LOVE IS THE KEY TO ALL DOORS.** Learn to open your heart every day, to everyone. You'll be happier and healthier because an open heart provides balance and energy to all the organs in the body.

→ **FORGIVE FASTER THAN YOU THINK YOU SHOULD.** Non-forgiveness is a real killer. Anger is another poison – it damages your body and mind. Kindness is the antidote.

→ **OPINIONS ARE JUST IDEAS WE HOLD ON TO** – it doesn't make them true. Don't take them seriously.

→ **THE MIND BECOMES WHAT IT PERCEIVES.** If you look at things that make you sad, you'll become sad. Look at happy things and you'll be happy.