

What is Natural Medicine?

This "[Natural Medicine Toolbox](#)" is comprised of specialized, focused, and supportive tools for healing that I have found useful in my own life journey, academic endeavors, and clinical experience. Select the service you believe could best support your healing process for more information. If you are unsure of which tool would work best for you, I do offer free consultations. Contact me directly for assistance or a consultation.



"The art of healing comes from nature, not from the physician. Therefore, the physician must start from nature with an open mind."
- Paracelsus (16th Century Swiss alchemist, physician, astrologer, and philosopher)

Paracelsus is considered to be the "Father of Natural Medicine" and advocated using natural methods of healing to stimulate the vital life force (bio-energy) in the human body to heal itself. He was convinced that the best way to stay healthy was to live a simple, natural lifestyle in harmony with nature, using all the resources available in nature for healing. A moment to review whether our lives are lived simply or in harmony with nature in a fast-paced and busy American lifestyle may reveal some frightening truths about the toxins that our bodies are exposed to on a daily basis. When I say toxins, I am not talking just chemical. Other toxins include stress, the stress of others, a failed sense of calm (internally and externally), and a constant need to be doing something (psychological/emotional). Our state of homeostasis is controlled by our Autonomic Nervous System. If our sympathetic nervous system is in a constant state of activation, we are more than likely going to struggle or be challenged by an inability to heal in some form or another. The tools continued in this Natural Medicine Toolbox serve to activate the parasympathetic nervous system has the ability to teach us how to calm our systems from the inside, outward.

Disclaimer: Nobody has the power to heal you, nature heals you. A trip to the medical doctor to sew up an open wound, is a supportive measure to help mother nature do her healing work. Nature stops the bleeding and creates the scar tissue for protection over that area. Rest and digest healing happens as you lie in bed at home or in the hospital to recover. Your body does it all, from within. All biofeedback assessment tools are non-invasive and safe for use. Contraindications are shared in the descriptions of each service.

Natural Medicine is a healthcare practice, that has its main focus on natural methods of therapy, such as nutrition, herbs, homeopathics, whole natural diets, exercise, and various mind-body therapies like biofeedback, including bioenergetics, and neuro-vascular reflex therapies. Natural Medicine places importance on "nature relatedness" and "nature connectivity" and see many health problems as a "nature deficit syndrome". A syndrome is a collection of symptoms; such symptoms can include depression, anxiety, and loss of energy and meaningfulness as well as a

weakened immune system. When Natural Medicine and Holistic Psychotherapy are combined together, harmony between mind, body, and spirit connections are potentialized.

Holistic Psychotherapy, Spiritual Coaching, and Biofeedback are assessment and supportive tools to encourage your natural healing process. Imbalances within your physical, emotional, chemical, or spiritual body systems become apparent through body signs/symptoms, however, some imbalances may also be detected before any physiological symptoms appear. As a Certified Biofeedback Practitioner, it is my role and responsibility to educate you about your body systems, their imbalance areas, and share information as to what you can do about it, naturally and safely. As a Holistic Psychotherapist, it is my role and responsibility to nurture and companion your spiritual story, so that Divine connections can be made, however you decide to make them. The goal of our work together is to encourage your ability to self-regulate and maintain. You only need to bring a willingness, a desire, an open mind, and a commitment to your own health and well-being.

About the author:

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As a Holistic Psychotherapist & Spiritual Coach by profession, I am dedicated to serving the community as a friend, a neighbor, and a mother and grandmother. I believe that as we heal ourselves, so should we share with others, and encourage others to strive for a “life best lived”. Despite my many years of academia, life has been the greatest teacher. I come to you as a wounded healer with the best of intentions. When I made the decision to return to academia in 2009, my intention was clear and bright. I knew that however I could, I wanted to inspire hope through the darkest of times. I have survived dark times and although no one could really make all my dreams or prayers come true, just having a companion or a witness to bear my heart to, made all the difference for me. My lived experiences challenged my spirit, yet, inspired me to keep on keeping on. I returned to academia to supplement my inspirations for hope with credentials and knowledge, and as hard as I have strived for all the knowledge I could possibly retain, very little did I know that my journey into academia was still part of my own healing path. As I learn, I share. It’s just what I do. If any wisdom has come out of these years of life and academia, it is that our journey towards a “life best lived” does not necessarily come to rest at a final finishing line – it is a work in progress and is fluid and dynamic. A life best lived is from moment to moment. May we all be supported and encouraged to keep on keeping on, whether student or teacher.

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