Meet Dr Ines Alfaro from Puerto Rico:
I started my private solo practice in January 2000 after working many years as an Occupational Medicine Physician, servicing the industry monitoring work related issues. Although I was content with my work, I knew I needed something different to help people become more responsible of their health and not only perceiving health as the absence of disease and only perform disease management, but also understanding the value of health and well-being. By then I had discovered acupuncture, and impressed on the results, obtained an acupuncturist license. I continued to research Integrative Medicine, studied Homeopathy & Biological Medicine.
In July 2002 I was diagnosed with metastatic breast cancer, and of course as a conventional physician, I had immediately sought treatment with an oncologist and oncology surgeon. Although I tolerated the chemo and surgery (lumpectomy), fairly well, my general health had deteriorated and prognosis was not good. I then started getting more involved in Integrative Medicine, and pursued Board Certification in Regenerative and Anti-Aging Medicine and a Fellowship In Integrative Cancer Therapies and continued seeking alternatives to improve health and well-being.
In 2012 I was introduced by Laurence Heylen into Light and Energy healing through Theragem system. Being able to see and prove through testing the remarkable results of Theragem, I became involved, and it is now an integral part of my practice. Changing my vision and management of conventional medicine which is more disease management to an Integrative Medicine approach which is more Health and Well-being, was challenging but extremely satisfying.
At present my clinic provides functional testing and treatments such as Cell-Well-Being, ozone therapies, prolotherapy, acupuncture, neural therapy, energy medicine, orthomolecular medicine, homeopathy and several more.
2017 was an extremely challenging year for Puerto Rico and my practice after getting hit by hurricane Maria: 1 month without water, 2 months without power and up-to-date no office phone or internet makes things difficult and complicated. But at the same time this hurricane Maria gave us the opportunity to serve communities in despair.
Once again it is proven that to Love and to Serve, to Live. Although the struggle has not ended, the satisfaction continues to grow.**

As up to date 50% of the island is still without power and 40% without water. It is something to see to believe. Dr Ines has just reopened her office after 3 months. Things are very slow, economy hit rock bottom. Lots of people dying, and suffering. Many cancer patients died because they could not receive treatment. On the right picture a link of 2 minute video of sponsor day organized in October to help rebuild the community. With enormous gratitude several of her suppliers supported them with supplements!

***FEBRUARY 2018 ***
The devastation and rebuilding of the Puerto Rico community will do well with our help. Hence why Medica Health International will donate a percentage of the February Theragem sales to Dr Ines’s special charity fund to help joyful and loving rebuilding of the community in Puerto Rico. Email us for your special price!
A Word from Catharina

A small word this time as our newsletter is again brimful of news from all over the world. January felt like a year in energetic changes and flown by. Your special attention I would like to draw to the charity fund that has been raised to help Dr Ines and her cancer patients to overcome the devastation of last years hurricanes. It is with admiration how these developments have activated the community to help each other with a smile and a tear, but above with a delightful attitude! Any help one can give is welcome although funds will be most required as to buy in additional suppletions.

As Medica Health International we will lead with a February donation in support of Dr Ines and her community. So help us help them! Want to make a direct donation? Contact MHI

In awe for a Super Blue Blood Moon plus Total Moon Eclipse here also the special Moonstone gemcup description. Totally in touch with the feminine soothing and nurturing changes of this year!

And on that note a new series of Gemcups will be launched this year with in mind to ease energetic changes, for those ready to jump into spiritual awareness. We will be launching them at our upcoming retreats where you can take the time off the grid into your full healthy wellbeing awareness. This will be another level further up from the Assemblage Point! Keep an eye out as we will be announcing it with limited invitations, or better even let us know if this speaks to you.

Theragem’s Crystal News Bowl

A beautiful revamped website from one of our Dutch Theragem therapists, Emilia Gransberg, who has recently moved and redesigned her website. A lovely sparkling inspiration!

MOONSTONE GEMCUP

In old ancient medicine Moonstone has an affiliation with the fluids and hormones of our body. Changes have been felt by using it over the Thyroid and over the Spleen improving the circulation, aiding the lymphatic system rebalancing any imbalances. Looking at this silicate crystal one cannot see any hard lines or structures other than a milky white fluorescence hence the moon connection, gentleness oozing emotional journey’s inward, with a feminine soothing nurturing touch to clear (also great for eyesight). Aiding; female reproductive system; men’s aggressiveness; absorption of essential vitamins and minerals. Great in therapy!

Awareness Time Shine Your Light!

Awareness Months, Weeks, Days

Especially for all therapists out there who are finding it difficult to raise attention to their practice on the column left you have seen Awareness Days. We have put these together so that you can follow the National and International trends to plan your advertising and strategic activities for months ahead. For example February being mostly the month health, detox and depression you can then plan packages raising your practice profile.

One of the monthly highlights this year is the attention to different cancers, something Theragem’s main Elation and Spleen already give so much extra support whilst patients are going through the conventional routine. Who would not like to keep their hair and have the energy to keep living, as is regular feedback which has been kindly given to share with you. Need studies, or testimonials to share with your audience, call /email our office.

With a bit of planning and creativity a thriving practice is within reach. Have a look on our website for testimonials.

***Our tip: Write your clients testimonials on paper for future reference!