



THE FARM  
AT SAN BENITO

# Holistic Sanctuary

## Integrated Medical Services

**MEDICAL CONSULTATION/  
HOLISTIC HEALTH CONVERSATION**

🕒 **30 Mins.**

**PHP 2,000++**

🕒 **60 Mins.**

**PHP 4,000++**

Our Medical Consultation (MC) focuses on the patient's health concerns and health goals. It is conducted in such a way that our guests feel listened to. When a space is created for a person when he is allowed to share his views about a deep experience like a debilitating symptom or a diagnosis, to tell his side of the story for major life stresses, the way he remembers it; healing can begin. After this, recommendations are given to address the physical body and psyche of the individual for optimal health. The medical consultation is also a venue for the patients' questions regarding their medical or detox program.

Our Holistic Health Conversation (HHC) is the initial talk with our physician that allows the guest to feel welcome and at home to discuss his goals, health concerns and challenges. The physician is initially guided by the guest's clinical history to help identify the root cause of the health challenges or the manifestation of the disharmony of physical, mental-emotional and spiritual bodies of the individual.

While the medical consultation focuses on pathophysiology (patho: —illness| physiology: —processes|), knowing the enemy to effectively overcome it; Holistic Health Conversation delves into salutophysiology (saluto: health). It then leads to a conversation on achieving optimal well-being... A mid-program MC or HHC is automatically incorporated in programs beyond 7 days and may also be scheduled even for those who are staying for only a week or less to address guests' questions and concerns that they might have not considered important during the initial session but have now been deemed a priority. An example is someone whose physical symptom has already been addressed and thus the guest is now free to look into blockages in other aspects of his/her life. The focus of the conversation then will be to explore ways to move forward.

**LIFE COACHING**

🕒 **60 Mins.**

**PHP 5,000++**

Our qualified medical doctor conducts an in-depth assessment and helps you identify your blindspot. This is usually the —saboteur,| the culprit for why you encounter difficulty in attaining your personal life goals. You will then work together in mapping out the appropriate course of action to confidently and powerfully move forward. This is recommended for those who feel stuck in their lives, those who are in between jobs or those undergoing major life transitions.





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### SPECIAL TOPIC LECTURES (group)

🕒 60 Mins.

PHP 1,000++

Our medical lecturer will present easy-to-understand, highly-interesting details on varied subjects for personal development and additional knowledge. This is meant for the

participants to deeply appreciate the complicated workings of the mind, the human body and its fascinating processes. By understanding natural health principles deeply associated with the nature of things/ substances as well as the rationale for certain health practices, one powerfully equips himself to reach his personal health goals. Whenever possible, the lecturer will introduce activities for a more experiential approach to the topic.

1. The Human Body (learn interesting things about the human body and enhance your senses for the subtle messages of the body especially on health matters).
2. Specific Internal Organs and Processes (gain practical knowledge in liver, heart, kidneys, lungs, etc. and deepen your appreciation for the different services included in your program).
3. Vibrational Medicine (a lecture to fully appreciate what the various energy works offered at The Farm and how these can benefit you even beyond your stay at The Farm).
4. Chronomedicine and Biorhythm (Did you know that internal organs have their own rhythm and knowing the science of timing will help you understand certain patterns in your lives as well as big life experiences in the past? This lecture will aid those who are in the process of making big decisions and help you be in command of your future).
5. Art Therapy (a taste of art therapy, the subtle difference in using water colour or oil painting/ beeswax or clay modelling and how this impacts the realm of healing. Be not intimidated with art, rather, discover how this can be a tool for healing).
6. Special Topics (this will depend on specific interests as requested by the guests. This could focus on particular illnesses like diabetes, autoimmune diseases etc. or rather areas of interest)

**\*Note: Only highly-qualified lecturers with years of experience on the topic are assigned to enliven the topics. As such, certain topics are given depending on availability of the resource person.**

### NUTRITIONAL CONSULTATION TAKE HOME MEAL PLAN

🕒 30 Mins.

PHP 2,000++  
PHP 1,500++

Proper nutrition is one of the pillars in attaining optimal health. Our in-house nutritionist will assess your diet and lifestyle history. She will then formulate a sustainable meal plan that suits your individual needs, daily commitments and lifestyle.



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## LIVE BLOOD ANALYSIS

🕒 30 Mins.

PHP 2,500++

Live Blood Analysis is an analysis of one tiny drop of blood pin-pricked from your finger and visualized under a special microscope. One may observe and appreciate a real-time visual representation of your live blood components, comprised by your red blood cells, white blood cells and their variations and other residues. Though not conventionally diagnostic, seeing blood components as they move behave powerfully impacts guests to adapt a healthier lifestyle.

## SUSTAINABLE HEALTHY LIFESTYLE DISCUSSION

🕒 30 Mins.

PHP 2,000++

🕒 60 Mins.

PHP 4,000++

Sustainable Healthy Lifestyle Discussion includes feedback on guests' experience while undergoing the program: what worked, what he/she found challenging and most especially addresses their questions related to—Life after The Farm. The discussion focuses on creating a sustainable health plan taking into consideration the genes, environment (including sources for specific recommendations) and current lifestyle of the guests and of course, tips to overcome foreseen roadblocks to the quest for sustainable health.

## BRAIN BIOFEEDBACK (BBF)

🕒 60 Mins.

PHP 5,000++

Brain Biofeedback (BBF) is based on a research of the electromagnetic fields of living things carried out in various laboratories and centers in Japan, Germany, Russia and the United States. Scientists found that cells, tissues and organs exhibit bioelectrical properties that can change rapidly when illness occurs. The electromagnetic fields produced by the cells act as a fuel for all living processes to maintain physiologic equilibrium.

The BBF machine reads values of faint electromagnetic field of an individual using a scanning technology, without any harm of radiation, that registers impulses taken from an examined person, making it safe even for pregnant women and children. It shows the slightest changes of the body's structure and function in the form of cartograms or diagrams, a visual images of different parts of the body along with numerical values (1, 2, 3, 4, 5, 6) representing cellular/organ status. Our physician interprets the report and conducts an assessment about the health of a patient at the subclinical level and emphasizes what areas of the body needs more attention.

## COLON HYDROTHERAPY (Cleansing)

PHP6,000 per procedure

### COLEMA ANGEL OF WATER® COLON CLEANSING COLONICS

alloted time up to 60 mins.  
alloted time up to 60 mins.  
alloted time up to 90 mins.

Medical history shows that colon irrigations and enemas are among the oldest healthcare practice. Colonic lavage has been practiced since 1500 BC and was first recorded in the Egyptian Ebers Papyrus. The Greeks: Hippocrates, Galen and Paracelsus, recognized as the





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founding fathers of Western conventional medicine, described, practiced and prescribed the use of enemas for colon cleansing. In the 1930s, Dr. Max Gerson introduced coffee enemas as an indispensable component of his renowned Gerson Cancer therapy.

There are two types of enema, one is the cleansing where the feces in the rectal vault is emptied using water or herbal solution. The second is the retention enema where the warm herbal is allowed to remain in the rectal vault for about 10 minutes to let the sigmoid colon absorb the herbal substances and deliver them straight to the liver.

Colema is the milder form of cleaning the colon where warm herbal solution of Aloe vera or Chamomile is introduced to the rectum and flow in by gravity. It will clean the area of the descending colon.

Other ways of cleaning the colon (large intestines), are by using Angel of Water® Colon Cleansing and Colonics. These are machine-operated colonic irrigation systems, using warm, sterile water under controlled pressure, that help unclog and flush away the build-up of toxic and waste material along the colon wall. A clogged-up colon can lead to sluggish bowel movements, constipation, and absorption of this accumulated toxins.

You will be required to fill-up our Colon Hydrotherapy Screening Form for clearance prior to undergoing the procedure. Our well-trained colon hydrotherapists will assist you during the procedure. Pre- and post- care are provided that includes checking vital signs, providing oral homeopathic minerals/electrolytes and probiotic supplements, and serving hot ginger tea and warm pack applied on the abdomen. Two-hour fasting prior to colon hydrotherapy is a prerequisite.

### **HARA-PURI TREATMENT**

🕒 **30 Mins.**

**PHP 2,500++**

Hara-Puri Treatment is a systematic, gentle, therapeutic massage strokes that is solely focused on the abdominal area, pelvic area and its internal organs. This belly treatment helps to expel abdominal gases, decrease bloatedness, improves intestinal peristalsis, and relieves constipation. This treatment greatly benefits three systems, the digestive and reproductive systems, as well as the immune system, where 70 per cent of it is located in the gut.

### **RECTAL INFUSION THERAPY (*Retention Enema*)**

**PHP 3,500++ / 4oz**

**PHP 7,000++ / 8oz**

The purpose of the rectal infusion is to let the herbal solution to be absorbed in the sigmoid colon. This is the site where substances in the colon is reabsorbed. It will be delivered directly to the liver and will provide the therapeutic effect of the herb.

Rectal infusion therapy is ideal after colon cleansing.



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Wheatgrass is used as herbal medicine because of its therapeutic and nutritional properties: high in chlorophyll which is converted to heme of the red blood cell. This in turn provides more oxygen to the body. It is one of the richest sources of Vitamin A & C and has a lot of antioxidants, enzymes, and amino acids.

Aloe Vera (Aloe Barbadensis) is known to have healing properties for the digestive tract. It helps to coat and protect the digestive mucosa, hence improving ulcers and irritable bowel syndromes & ulcerative colitis. The sap of this plant has a potent antibiotic property and is a very strong cathartic (purgative), and was historically used by physicians for cleansing the body.

The 4 oz. of wheatgrass or aloe vera is infused through the rectum via a foley (rubber) catheter as medically indicated. This procedure ensures that the large intestinal wall is nourished and able to receive abundant nutrients.

### COFFEE INFUSION THERAPY

🕒 1 Hour

PHP 3,500++

The liver is the main organ of detoxification. When guest would undergo detoxification, he/she will be releasing toxins in the blood. These toxins will pass through the liver and converted into non-toxic form and eventually pass through the gallbladder together with the bile acid. When diluted solution of organic coffee is infused into the rectum, this will be absorbed and brought to the liver. The substances of the coffee will increase liver detoxification by as much as 600-700% as well as bile flow into the small intestine. This is an effective way to enhance the detoxification process.

### OZONE THERAPIES

#### RECTAL OZONE THERAPY

🕒 30 Mins.

PHP 3,000++

Rectal Ozone Therapy is a medical ozone therapy that is introduced in the rectal cavity. Our welltrained medical technicians will insert a very small lubricated catheter into the rectum about 4 inches and gently administer 3 to 6 ounces of ozone over a 5-10 minute period while the patient is laying on his/her side. Most clients feel no discomfort. It is highly recommended that this procedure be done immediately following a colonic hydrotherapy. A clean and empty the rectal vault allows for better absorption of the ozone gas. Rectal insufflation is a way to administer ozone systemically in a manner that is minimally invasive and painless. The procedure takes less than 30 minutes yet delivers quality result. Ozone is obtained at higher levels in the gut and the liver, therefore, has higher benefits for patients with gut and liver issues such as chronic hepatitis and chronic colitis. It has similar effects on the immune system as the more invasive intravenous ozone therapy. Vaginal insufflation can also be done to target disease agents that cannot thrive in an oxygen-rich environment. It helps conditions such as vaginal candidiasis, vaginitis and cervical cancer or pre- cancer states.



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### **VAGINAL OZONE INSUFFLATION THERAPY** ⌚ 30 Mins. **PHP 3,000++**

Vaginal insufflation can also be done to target disease agents that cannot thrive in an oxygen-rich environment. It helps conditions such as vaginal candidiasis, vaginitis and cervical cancer or pre-cancer states.

### **INTRAVENOUS OZONE THERAPY** ⌚ 30 Mins. **PHP 5,000++**

It involves the extraction of venous blood, mixing of ozone gas to the blood, and the reintroduction of ozonated blood back to the vein. This strengthens the immune system, kills the bacteria and viruses, increases oxygen level of the blood, helps in the detoxification, reduces inflammation, and kills cancer cells.

### **INTERNAL ORGAN COMPRESS** **PHP 2,000 per compress**

Philippine Traditional Medicine includes the use of tapal, the application of special medicinal leaves warmed with oil, to treat ailments. Our internal organ compresses continues this healing tradition to soothe internal organs, such as the liver, the kidneys and the reproductive organs. Aside from their healing benefits, compresses are very relaxing and may aid in sleeping.

### **LIVER COMPRESS** **allotted time of 30 mins.**

A gentle yet potent form of nurturing for the liver using herbs such as yarrow or amplaya (bitter gourd) leaves.

### **KIDNEY COMPRESS** **allotted time of 30 mins.**

Specific herbs and warmed special oil are used to soothe the kidneys and adrenals. The guest is lying down on his stomach and the mixture is applied at the back area.

### **BELLY COMPRESS** **allotted time of 30 mins.**

A series of belly compresses will afford lasting relief and resolution of dysmenorrhea or chronic gas pains.





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### LIVER CLEANSE

🕒 20 Hours

PHP 8,500++

Liver Cleanse also known as the Liver and Gallbladder Flush, involves the flushing out of intrahepatic bile sludge (substance build-up that's making the liver sluggish, the same substance that contributes to gallstone formation) using our Liver Cleanse Potion.

This procedure takes the rhythm of the liver into account so specific drinks are served on specific times. It starts with a fast at 2 p.m. onwards on the first day and finishes on the second day at 10 a.m. with a fruit platter. These drinks include a special solution used to open bile passages and a potion to flush out the bile sludge.

A colon hydrotherapy is highly recommended on the day after the end of the Liver Cleanse to wash out any residues and prevent their reabsorption into the system. As this procedure may be quite exhausting, please refrain from doing heavy activities and major spa or medical treatments. Prior to undergoing Liver Cleanse, a Hepato-biliary tree Ultrasound (done within 3 months) and a medical clearance by our physician are a prerequisite.

This is also advisable for those who drink alcohol or have fatty liver.

### MAGNETIC CLAY FOOT TREATMENT

🕒 45 Mins.

PHP 3,800++

Magnetic Clay Foot Treatment involves soaking of the feet in a warm solution of high-grade magnetic clay with special herbs. Clay has the ability to produce an electrical charge when in solution. The electrical charge gives it its ability to absorb toxins like a magnet. The Farm uses a special clay proven in various studies to be superior in its pulling power to absorb toxin chemicals, impurities, and heavy metals, such as mercury, lead, cadmium, arsenic, etc. This procedure is a safe and effective aid in detoxification by releasing years of toxic environmental pollutants that have been accumulating in the body, organs, tissues and cells. This is highly recommended for smokers and those with history exposure cigarettes like passive smokers.

### TIBETAN STEAM THERAPY

🕒 30 Mins.

PHP 2,000++

Tibetan Steam Therapy (TST) is approximately 2300-year old traditional Tibetan practice and the original medicinal mixes were highly protected. Tibetan herbal steam therapy is used to disperse cold, prevent and treat diseases through modulating Yin-Yang balance, increasing circulation, opening of meridian and vessels and through removal of internal toxins. The steam is generated using a negative-ion vapor machine known to possess antibacterial and anti-inflammatory effects. Special herbs are placed in the steam along with a few drops of aromatic essential oils. The feet and legs are cleansed and placed in the traditional wood barrel for up to 30 minutes.

The many benefits of Tibetan steam therapy include enhanced metabolism, relaxed muscle, reduced pain, improved joint function, better sleep and anti-aging effect on the skin.



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### EMPEROR'S/EMPRESS' FACIAL REJUVENATION BY DR. RADI

PHP 5,000++/ session

Stress can be the root cause of some diseases which can indirectly lead to aging and wrinkleformation.

This treatment takes into consideration the anatomy of the trigeminal nerve which is responsible for 50% of the stress in the brain. Addressing stress earlier can prevent or retard aging. EFR goes beyond your ordinary facial as it takes into account serious anatomy of the facial muscles and the special trigeminal nerve which accounts for about 50% of the stress of the brain. Imagine having face lift by the specially-trained hands of a plastic surgeon minus the needles and scalpel. It is truly a beautifying, stress-releasing treatment done by our beauty expert, Dra. Radi, that consists of the following:

1. Acupressure massage (of the face, scalp, anterior chest, shoulder, ears, neck) which relaxes the muscles and improves blood circulation.
2. Galvanic which aids in absorption of nourishment to the skin.
3. LED phototherapy promotes collagen production, smoothens skin, antibacterial, improve inflammation.
4. 4. Diamond peel with vacuum, gets rid of dry and old skin and sucks out toxins. Then ice stamp is applied to close the pores. With this treatment, one will not only look refreshed, but feel refreshed as well. This treatment is best complemented with an Aesthetic (Facial) Acupuncture.

### PURE™ HEALTH AIDS

#### Pure™light

🕒 40 Mins.

PHP 3,000++

Pure™light is the first 100 per cent wireless LED body contouring system made for spot reduction of unwanted anywhere in the body, such as the waist, hips, thighs and upper arms. The heat and unique 635nm wavelength of light open pores in the fat cells, allowing the fat within to escape. Fat cells then shrink, while the excess fat is safely removed by your body's metabolic processes. This is best followed with a Pure™wave treatment and an exercise for best results. Boost one's ability to achieve more effective slimming and toning results in a shorter period of time than the conventional methods of diet and exercise alone.

#### Pure™wave

🕒 40 Mins.

PH 2,500++

Pure™wave uses patented technology that emits electrical pulses at low, medium and high frequencies simultaneously to produce painless deep muscle stimulation that relieves pain, slims the body and tones muscles. The benefits include pain relief, slimming and weight loss, and muscle toning.



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### Pure™flow

🕒 45 Mins.

PHP 4,500++

Pure™flow is a Rapid Pulse Compression system that helps to improve circulation, increase oxygenation, and promote detoxification by optimizing blood flow in sync with the rhythm of the heart. Customized cuffs are wrapped around calves, thighs and buttocks. The machine produces pumping system that improves blood flow allowing better distribution of oxygen and nutrients to tissues and cells. It is a prerequisite to fill up the Pure™flow Screening Form for medical clearance, prior to booking for the procedure.

### ACUPUNCTURE TREATMENTS (Subject to Availability of Our Acupuncturists)

#### ACUPUNCTURE

🕒 30 Mins. (follow-up)

PHP 2,500++

🕒 60 Mins. (initial visit)

PHP 3,000++

Acupuncture is the most notable medical discovery from ancient Chinese medical tradition. Five thousand years of clinical experience from over hundreds of millions of people, acupuncture is now accepted worldwide as a therapeutic modality for pain, as well as for acute and chronic medical conditions. Based on Traditional Chinese Medicine philosophy, when the flow of qi (chi) in the meridians is sufficient and balanced, the body is in harmony and in order, but if the qi (chi) is blocked, deficient or stagnant, disease or illness follows. Fine, sterile disposable needles are inserted on specific acupoints on the skin to improve the flow of qi (chi) that flows along invisible meridians, or the network.

#### AESTHETIC ACUPUNCTURE

🕒 60 Mins.

PHP 3,500++

Aesthetic (Facial) Acupuncture is a specialized type of acupuncture treatment that is focused on the facial meridian areas. The treatment involves the insertion of fine, sterile disposable pins on specific acupoints on the face that may last up to 45 minutes, with a 15-minute allowance for a facial rest. The treatment helps to enhance beauty and preserve youthful appearance by stimulating production of collagen under the facial skin to help fill in wrinkles and plump skins. It also promotes blood and qi (chi) flow to the face leaving a better skin color and radiant skin. This is best complemented with a Rejuvenating Facial.

#### EAR ACUPUNCTURE

🕒 30 Mins.

PHP 2,500++

Ear acupuncture stimulates the reflex points that have been mapped out over the external ears. These reflex points are known to be neurologically linked to internal organs and various parts of the body. Existing ear acupuncture protocols aim to help address specific conditions, i.e., the NADA Protocol (*Acudetox Protocol*) to stop cravings and to detox from chemical addictions, the INAM Protocol to treat 10 common disease conditions, and the BFA Protocol to stop pain symptoms. The *Nogier method* is another way to stop pain symptoms that is based on a therapeutic model where the body is represented in an upside down manner over the external ear. *Psychoemotional Ear Acupuncture Protocol* is specially beneficial for behavioral symptoms, such as anxiety, agitation, irritability, depression and stress-induced insomnia, or



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you just want to still the restless mind. The acupuncturist carefully inserts sterile pins on designated points on the external ears retaining them for about 30 to 45 minutes, preferably, while comfortably seated. After removing the ear pins, a small stimulation sphere, called ear beads, attached with flesh-colored adhesives will be taped over the external ear.

### HARMONIZING FLOW

(Subject to Availability of Our Practitioners or Specialists)

Harmonizing Flow is an umbrella term for various forms of therapies that include hands-on healing sessions, guided sessions, therapeutic modalities, holistic balancing, etc., allowing the client to navigate inner experiences in a safe and nurturing space. Based on universal principles underlying ancient Himalayan, European, Asian, Australian and Egyptian healing traditions it also develops the guests' senses to healing energies available to him through nature and within his being.

#### DOLPHIN NEUROSTIM (ELECTROACUPUNCTURE)

🕒 1 Hour

PHP 5,000++

Electroacupuncture has been used as an adjunctive pain management in acupuncture for decades. We use DC microcurrent therapies that involve weak direct currents (DC) that “resonates” with the body’s nervous system and which leads to a dramatic cellular change in the organs, tissues and fascia. It works by activating peripheral nerve endings, and releasing natural pain-relieving chemicals, such as endorphins, melatonin (which promotes sleep) and serotonin (to promote well-being). Electroacupuncture uses a pen-pointed electronic machine, called the *Dolphin Neurostim*, that run DC microcurrent on key acupuncture and trigger points with the absence of needles.

- **Scar Release Therapy (SRT).** Scars create long-term interference patterns, affecting the Autonomic Nervous System (ANS), leading to prolonged sympathetic upregulation, resulting in long-term stress, mobility limitations, physical pain and disease. Studies show that *all* scars, even small scars remotely located, can inhibit/disrupt local cellular metabolism and reverse the normal bio-electrical state of local tissue. Scars also produce fascial restrictions, tissue adhesions, energy and circulation stagnations, and locked-in emotions of trauma. These all leads to a vicious cycle of pain. Scar Release Therapy (SRT) assists in reversing the polarity of the formed scar to permit cellular reconnection, downregulate the sympathetic nervous system, release the fascia and adhesions, improve circulation and energy flow, and to stop the pain cycle. It also allows the treated scar to naturally become less noticeable and the keloid to be flatter. If you have a scar, SRT is ideal to be performed first prior to the *MPS Pain Therapy*.
- **MPS Pain Therapy.** One key theory in managing chronic pain and improve functionality is in manipulating the Autonomic Nervous System (ANS) by optimally downregulating the sympathetic nervous system and by providing overall Central Nervous System (CNS) balance. MPS Pain Therapy includes treatments that downregulates the sympathetic nervous system. This is beneficial to those who have



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sympathetic Overload, or in a constant 'Fight or Flight' high-stress mode. It also includes standard core therapy protocols that are designed to decompress the spine, rebalance the sacrum (thereby symmetrically restacking the spine), and treat the paraspinal muscles responsible for nerve root entrapment. It helps release the supporting piriformis/psoas muscles in order to provide lasting functional outcomes and future core stability. Electroacupuncture also employs **specific MPS Therapy Protocols** for various health conditions and pain symptoms.

Electroacupuncture is a great option for those with extreme fear of needle puncture. Contraindicated to pregnancy and with pacemaker implants precautions. A standard Electroacupuncture treatment will usually last for up to 45 minutes.

### JIN SHIN JYUTSU®

PHP 5,000++/ session

Jin shin jyutsu® (JSJ) is a hands-on systematic way of allowing the physical body to recognise and reincorporate the healthy blueprint through the 26 Safety Energy Locks or energetic gateways of the body. Specific flows are used to harmonize different internal organs and address specific health conditions including autoimmune diseases. This is very helpful for those who have a history of multiple injuries, multiple surgeries and other debilitating conditions.

### PSYCHOEMOTIONAL CLEARING

🕒 30 Mins.

PHP 3,000++

🕒 60 Mins.

PHP 5,000++

In today's fast-paced society, many people suffer from mental stress and emotional distress. Often emotional blockages, are at the root cause of physical ailments and disharmonies. The session involves a combination of any techniques that help clear mental confusion, reveal psychoemotional scars, and break-free from negative emotional imprisonment.

Psychoemotional Clearing (PEC) helps to release suppressed and hidden emotional issues. This helps people that are tired of carrying their individual emotional baggages to move forward in life. It allows the individual to fully experience sense impressions or emotions thereby re-connecting him to his inner essence. This is highly recommended for those whose physical bodies feel like screaming, high-strung, highly-irritable individuals and those who see life as an experience of unfreedom.



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### REIKI

🕒 45 Mins.

PHP 4,000++/ session

During a session of this ancient Japanese hands-on method of natural healing, the practitioner taps on an unlimited source of universal healing energy, known as *reiki*, and intuitively direct its flow from his/her palms towards the client's body, on or just off it. As the client's body senses this *reiki*, the innate intelligence guides its flow to where the body wants it naturally and needs it more, clearing any stagnation, and ultimately resulting in a free-flowing energy.

### NEUROGENIC RELEASE

PHP 4,000++/ session

Neurogenic Release (NR) involves a set of warm-up and special exercises to facilitate neurogenic muscle tremors. Neurogenic tremors are naturally experienced by the body in extreme situations whether joyful or not, like winning a challenging sport game or in times of great fear. This session helps to address chronic bodily stress, deep-seated physical tension manifested as muscle tightness/rigidity or numbness/weakness and post-traumatic experiences.

It targets the psoas, a special muscle that connects the legs, groin, torso and neck areas; the same muscle where a lot of unconscious tension is dumped into. As such, NR is a great help for those who have sleep problems, jaw tension or toothgrinding, persistent neck, and shoulder pains, erectile dysfunction etc. It is also a good way to efficiently lose excess fats in the midsection.

It is advised for the guest to undergo brief exercises like stationary biking, walking, jumping jacks to fatigue the big leg muscles (which hide or overshadow the psoas muscle) prior to the session to accelerate the process of neurogenic release.

### BODYTALK ACCESS™

🕒 45 Mins.

PHP 4,000++/ session

With the BodyTalk Access, one can now receive a simplified and standardized version of the full BodyTalk session. BodyTalk Access brings more awareness on the bodymind complex. Throughout the session, the BodyTalk Access technician gently taps on three energy centers: client's head, over the heart complex, and the gut brain area, while simultaneously administering a set of basic BodyTalk techniques that would keep the bodymind complex maintain its general health.

Cortices helps synchronize the two halves of the brain and reset the nervous system. Switching helps to reset a person's threshold to stress. It allows the body to remain calm during crisis. Hydration helps the body to efficiently assimilate water by allowing the body to bring in the appropriate amount of water into the cells thus bringing in the vital nutrients, while allowing waste materials and free radical toxins to be flushed out of the cells. Body Chemistry balances the metabolic processes of the body and boosts the immune system and allowing the body to be more resilient to germs, viruses, fungal forms, allergens, intolerances, etc.



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Reciprocals balances posture and physical structure of the body improving range of motion, flexibility and overall coordination of muscles, tendons and ligaments which help the body be more sound structurally and less prone to injuries.

A regular BodyTalk Access™ session usually lasts for about 45 minutes.

### CRANIOSACRAL THERAPY

PHP 4,000++ / session

Craniosacral therapy (CST) is a gentle, non-invasive, non-directive and non-analytical form of bodywork whose goal is to help get rid of restrictions in the Craniosacral System by balancing the cerebrospinal fluid dynamics known to have a direct influence in the proper functioning of the central nervous system. The therapist will make contact by placing his hands lightly using gentle finger pressure, without manipulation or forceful thrusts, and barely detectable movements, on the patient's head, spinal column and sacrum and turning in to what is happening by listening using his hands on the wave-like rhythmic pulse that goes through the entire body.

Although contact is made on the head in most sessions, CST is not considered a form of head massage. Being one of the subtle therapies, sometimes the benefits are not immediately noticeable, but become obvious on returning to a familiar environment.

Individuals with a deep need to be listened to on the tissue level find this deeply healing. Those manifesting forms of autism will greatly benefit from this therapy.

### SLEEP INDUCTION THERAPY

PHP 4,000++ / session

Sleep is very important to one's health. Inability to sleep well, lack of sleep, or any disturbance in sleep patterns can lead to irritability, headache, weight gain, or any other medical problems. Sleep induction therapy involves combination of techniques, that includes acupressure points, or manipulations on specific points on the head, neck, upper and lower extremities depending on one's tolerability or sensitivity, that help drift the mind into a trance-like sleep. The session starts with tracing the causes and then coaching on how to deal with the sleep problem. This session aims to help reset the sleep-wake cycle and normalize sleeping habits.

### GUIDED MEDITATION

🕒 30 Mins.

PHP 2,500++

🕒 60 Mins.

PHP 4,000++

Guided Meditation is a private meditation session with our guide where one learns mental discipline and still the mind. Self-meditation requires some effort, our guide can literally walk you through to a blissful meditation, allowing one to experience a state of relaxation or awareness leading to the expansion of one's consciousness.



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### ART THERAPY

🕒 60 Mins. (private)

PHP 4,000++

🕒 60 Mins. (group of 4)

PHP 1,000++

Art Therapy is the specialized way of using the power of the creative process as a vehicle of healing, communication, self-expression and personal growth.

### SESSION WITH THE DOCTOR

PHP 5,000++/session

Session with the Doctor is a one-hour allotted session conducted by our medical practitioners specializing in a certain field of complementary healing modalities and are customized depending on the needs of the client. Session with the Doctor may include, but is not limited to, Private Lecture, Manual Therapy, and Art Therapy.

### BEHAVIORAL BIOCHEMISTRY

🕒 1 Hour

PHP 4,000++

A nutritional approach to the different behavioral and memory related conditions. This will try to address the possible nutrient deficiency or nutrient needed to improve the condition. Brain functions always mediated by substances called neurotransmitters, which in turn are final products of several biochemical processes. Each of these multi-step cycles have substrates that should have the appropriate amount to be completed. A deficiency in any of the substances involved will result into less amount of neurotransmitter, thereby affecting proper brain function. Nutritionally adding these deficiencies may result in better brain condition.

### NEUROLINGUISTIC PROGRAMMING (NLP)

🕒 1 Hour

PHP 5,000++

A kind of brief therapy to help a person overcome perceived problems by restructuring the way the mind reacts to situation. Consciously and subconsciously, the mind will choose alternative positive behaviors that would eventually enrich one's life. The changes will give more confidence to adapt a more positive outlook in life and consequently success in future endeavor.

### PHYSIOTHERAPY/MYOFASCIAL RELEASE

🕒 60 Mins.

PHP 8,500++

### (ROLFING) / MUSCLE SPINE RELEASE

A type of bodywork that will address musculoskeletal problems that cause pain, deformity, poor nerve conduction, deficiency in blood circulation, and emotional problem. It involves the release of the stiff covering of the muscles (Myofascia) using deep graduated strokes on precise muscle groups. It offers relief of muscle pain like stiff neck, low back pain, frozen shoulders, sciatica, and other muscle area. It may also produce emotional purging when the involved muscle is worked on.



## THE FARM AT SAN BENITO

### MYOTHERAPY

🕒 60 Mins.

PHP 3,900

A kind of physical therapy using massage as the main tool. It is science based guided by knowledge in anatomy, and physiology. Other tools used are thermal pads, electro therapy, exercises, activity modification, and lifestyle change.

### INTRAVENOUS INFUSION THERAPY

🕒 90 Mins.

PHP 5,000++

Intravenous route is a safe and effective way to deliver the needed nutrients like Vitamins and minerals. The effectivity of oral supplementation will depend on the health of the gut. Due to some clinical conditions, absorption is not that efficient thereby nutritional correction is not achieved. Nutrients delivered through intravenous has a fast action, higher blood concentration and stay longer in the body.

- **Intravenous Vitamin C infusion**

🕒 90 Mins.

PHP 5,000++

Many medical conditions are cause by Vitamin C deficiency due to lack of fresh fruits and vegetable in the diet. Through intravenous route, Vitamin C will remain in the circulation for about 7-8 hours. This strengthens the immune system, provides a high level of antioxidants, helps in the production of collagen that stabilizes the connective tissues. Increases energy during stressful moments by assisting in the production of Adrenalin, and helps in the detoxification of the Liver. These are just some of the multiple roles of vitamin C in health and diseases.

- **Intravenous Myer's Cocktail**

🕒 90 Mins.

PHP 5,500++

The combination of Vitamin C, B complex, and magnesium boost immunity, gives more energy and improve mood. It helps in many other conditions by increasing blood concentration that is not attainable with oral intake.

## THE FARM MEDICAL DOCTORS

All The Farm Associate Doctors are board-certified, licensed conventional medical doctors who embarked on international studies on their respective fields of interest in natural medicine after their post-graduate medical studies. OTHER SERVICES (Subject to Availability of our Practitioners):

### PERSONAL TRAIN

🕒 60 Mins.

PHP 3,600++

Jumpstart your fitness! A personal trainer is available upon request. Please give us 24 hours' notice to make the arrangements.



## THE FARM AT SAN BENITO

### PRIVATE YOGA SESSION

🕒 60 Mins.  
🕒 90 Mins.

PHP 3,600++  
PHP 4,500++

For beginner or already practicing yogis to deepen your practice, one on one private yoga sessions are available upon request.

### PRIVATE TAICHI/QIGONG SESSION

🕒 60 Mins.  
🕒 90 Mins.

PHP 3,000++  
PHP 4,500++

For beginner or already practicing Taichi/Qigong to deepen your practice, one on one private Taichi/Qigong sessions are available upon request.

### ALIVE! CUISINE PREP CLASSES (3:00 PM-4:00PM)

A vegan diet is sustainable and fun! Learn to prepare the delicious cuisine, you enjoy, with our knowledgeable Chefs. Complimentary Classes: Tuesday and Thursday Please reserve by 12:00 as classes are limited. Please dial 3.

## CLINICAL ETIQUETTE & CONFORME

**RESERVATIONS:** Pre-booking your treatments is essential so that we may best accommodate your needs. Kindly synchronize your time with The Farm standard time. You are invited to arrive at least 20 minutes before your scheduled appointment to ensure you have adequate time before your treatment begins. Please understand that if you arrive late, your treatment time will be reduced accordingly.

**CANCELLATION AND RE-SCHEDULING:** If you need to change or cancel your appointment, please let us know within 4 hours of your treatment, otherwise a cancellation fee of 50% of the treatment value will apply. A fee of 100% will be applied for no-shows or cancellations for all Medical treatments and services. All treatments are non-refundable.

**MOBILE PHONES:** As a courtesy to all guests, please place your cellphone on silent mode upon entering The Clinic.

**CONSULTATION:** Our Doctors and Nurses are more than willing to discuss the treatments and therapies we offer. It is best to bring your current or latest laboratory results for a more comprehensive, holistic approach to understanding and improving your healing journey.

**GIFT CERTIFICATES:** Whatever the occasion, we are happy to arrange a Gift Certificate. You may wish to create your own personalized gift where you may combine an overnight accommodation including dinner, breakfast, and a Medical and SPA package.

**HEALTH CONCERNS:** Please advise us at the time of booking if you have any major health concerns.



## THE FARM

AT SAN BENITO

**LOCATION:** The Medical Clinic is located in the South Park Area; near to Reception on the main path leading to the Southpool Lounge. Medical treatment rooms are located in various parts of The Farm to address a commonly-neglected cause of most modern-day illnesses: sedentary lifestyle. Guests are encouraged to walk with their health in mind.

**OPENING HOURS:** The Clinic is open every day from 8:00–21:00 (8am–9pm). Please dial local 8036 for information and assistance. Beyond 21:00 (9pm) please call +63 917 857 1496.

**SPECIAL CONSIDERATIONS:** We reserve the right to refuse treatment to guests who arrive intoxicated or under the influence of illegal substances. Our therapists are trained professionals and any inappropriate behavior will end your treatment.

**WHAT TO WEAR:** As The Farm is casual, comfortable attire is best.

**VALUABLES:** Please leave your valuables in a safe place or in the safety deposit box provided in your room. The Farm will not take responsibility for valuables that are not secured or left in the resort surroundings.

**For Medical Reservations, please Dial 1 or 9 and press SEND.**