**ALTERNATIVE HEALTH SERVICES**

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| **TYPE** | **WHAT IS IT?** | **WHAT IT CAN DO?** |
| **MASSAGE** |  |  |
| **KINESIOLOGY** |  |  |
| **REIKI** |  |  |
| **NATUROPATHY** |  |  |
| **MYOTHERAPY** |  |  |
| **REFLEXOLOGY** |  |  |
| **MEDITATION** |  |  |
| **BOWEN THERAPY** |  |  |
| **YOGA** |  |  |
| **HERBAL MEDICINE** |  |  |