

Crystal Therapy

What is it?

Crystal therapy or crystal healing is a form of vibrational medicine. Crystal therapy involves the application of crystals or gemstones to facilitate healing.

Gem stones are believed to have spiritual and healing properties that can be tapped into in a variety of ways. Crystals can be carried or worn on the person, or placed in a location where their healing vibrations can be felt nearby. Healers also place stones on their clients' bodies to balance the chakras and aura.

Benefits

- General relaxation
- Pain management
- Specific health issues
- Energy rebalancing



Access these services

Acupuncture appointments are available Monday and Wednesday afternoons. We can offer flexible appointments for other treatments. **Please contact: Julie Ashford-Martin on 0121 666 7023.**

How to find us



**MAIN OFFICE
& CLIENT CENTRE**
18-28 LOWER ESSEX ST

SECOND SITE:
122 PERSHORE ST

Main office:
Ground Floor
18-28 Lower Essex Street
Birmingham
B5 6SN

Tel: 0121 666 7023

Fax: 0121 622 7250

Email: office@sifafireside.co.uk

Website: www.sifafireside.co.uk

SIFA Fireside is a company Limited by Guarantee.
Registered in England No. 3094905
Charity No. 1049728



'Supporting independence from alcohol and tackling homelessness'



www.sifafireside.co.uk

Hypnotherapy

What is it?

Hypnosis is a natural state of mind created by simple hypnotic and relaxation techniques (under the guidance of a trained hypnotherapist) that can help you visualise yourself becoming healthier, happier or more confident, whatever it is that you want to be.

It can also help with particular goals like giving up smoking and is widely accepted as an excellent way to free up your inner potential.



Don't worry!

People are sometimes concerned that they might 'lose control' in hypnosis, but the general consensus is that (regardless of how deeply people may go in hypnosis and however passive they may appear to be) the individual stays in full control of the situation. They are able to talk if they wish to and can stand up and leave the room at any time, while a hypnotised person cannot be made to do anything against their usual judgement or beliefs.

Ear Acupuncture

What is it?



Auricular (Ear) Acupuncture is the stimulation of acupuncture points on the outer surface of the ear. Chinese medicine states that these points are connected to the rest of the body and can be used to treat a wide range of health problems.

The aim of the "5 Point Detox Protocol" is to relieve withdrawal symptoms, reduce cravings, induce general relaxation and enhance physical and mental well being. Five small needles are inserted in each ear into specific points which are identified as specific for treating problem drug or alcohol use and helping detox.

Benefits

Reported benefits of auricular acupuncture include:

- Stress reduction
- Reduction in withdrawal symptoms/ cravings
- Relaxation
- Decrease in anxiety
- Improved sleep pattern
- Improved appetite

EST Therapy

What is it?

Electrostimulation (EST)* is a safe and simple relaxation therapy which is used in many forms of medicine. Small, painless electrical pulses are passed through acupuncture points on the body to stimulate the production of chemicals which form part of the body's natural mechanisms for dealing with stress. Treatment enables the body to regain functions which may have been suppressed during drug use. It can also help reduce withdrawal symptoms by up to 50%.

**EST Therapy is also known as "Black Box Therapy".*

Benefits

EST therapy can;

- Help with opiate withdrawal
- Help with stimulant withdrawal
- Help with cannabis/nicotine & alcohol Withdrawal
- Help with general health & relaxation
- Offer substantial pain relief
- Relieve anxiety and stress
- Return to normal sleep pattern
- Return to normal appetite