

What is Sho Tai?

According to the Chinese, every organ, gland, structure, system etc. in your body needs nutrition from your bowel and electricity from your brain in order to function. Kinesiology and accupressure points are used to measure the flow of electricity in the body. If an organ, gland, etc. is deficient or sick, more electricity is sent to the corresponding pressure points. These points are triggered, just like a circuit breaker in your fuse box.

- SHO TAI is used to analyze the presence, degree and cause of deficiencies in the body.
- SHOTAI is used to suggest the best method of treatment of deficiencies in the body.

Signs on the Body

At Alternative Health, a health consultant can detect what is going on **in the body** by reading signs **on the body**. We look at the fingernails, skin, teeth and tongue; the whites, coloured part and pupils in the eyes; as well as muscle test each individual. We then determine a personalized program that is designed to work for that individual's body.

Find out what **your** body needs; when, how much and how long you need to take it as well as what you need to avoid.

Our bodies are designed to clean, repair and live in a healthy state.

**Listen to your body, it has the answers.
Ask a health consultant.**

Iridology

What is Iridology?

I am sure that most of you have heard of reflexology. If someone was to perform reflexology on your feet, for example, you may feel pinches and pains in different areas of your foot. According to the Chinese, each area in your foot has nerve endings that correspond to all the different organs, glands, systems, structure, etc. in your body.

These nerves run up your legs, up your spinal column, through your brain, and leaves a fingerprint on your iris, the colored part of your eye.



The Study of reading the Iris
is called Iridology

Iridology involves looking for different markings, shapes and colors in your iris. Since the layout of your iris is exactly the same layout as your body, where these markings are located reveals the location of the deficiencies in the body. The color reveals the cause of the deficiencies.

- Iridology is used to analyze the presence, degree, and cause of deficiencies in the body.

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Alternative Health

Do These Words Sound Familiar?

- Gas
- Bloating
- Constipation
- Stomach Pain
- Diverticulitis
- Indigestion
- Parasites
- Listless
- Weak

According to the Chinese,
"Symptoms are messages
from your body that
something
is wrong"