

THE FARM

AT SAN BENITO

Homer Lim, MD

Geriatrician, Integrative Medicine

Thursday, Friday & Saturday

Dr. Homer Lim is a UST medical graduate, with training in both conventional and complementary medicine. Prior to starting his practice of medicine, he was involved in medical research writing and statistical analysis. He then pursued his specialty training in geriatrics here in the Philippines.

Afterwards, he underwent training in integrative medicine and spa therapies in Thailand for 2 years. Coming back from Thailand, realizing the importance of energy healing in medicine, he furthered his knowledge by learning different healing modalities such as Access, Reiki, Quantum Touch and Body Talk.

Presently, he specializes in integrative medicine with emphasis on energy healing and orthomolecular medicine. He advises patients on alternative options for their medical conditions such as auto-immune disorders, Parkinson's disease and cancer.

SPECIALIZED TREATMENTS & SERVICES

VERBAL TRANSFORMATION

PHP 3,800+ +/60 Minutes

Verbal Transformation uses the principle that everything including words can carry unique energies. Therefore, words can also be used as a vehicle to transform, transmute and re-create energies that will help deal with issues that block spiritual growth, happiness and abundance.

The session is a free-flowing process whereby the guest discusses, with the doctor, the life issues that may be creating blockages around them. Together, the guest and the doctor will clear the root causes of the issues and transform them into positive outcomes.

ACUPUNCTURE

PHP 2,400+ +/30 Minutes

Acupuncture is the most notable medical discovery from China. 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 chronic medical conditions. Fine stainless steel needles are inserted on specific acupoints in the body depending on the condition of the patients.

LIFE FORCE NOURISHMENT

Beyond the physical body is the life force body or body of energy; otherwise known as the *chi* in Chinese medicine or *prana* in Indian medical traditions.

Life Force Nourishment is a form of therapy that allows the patient to fully experience sense impressions or emotions thereby re-connecting him to his "inner essence," that part of his being that does not get diseased. The patient is guided to navigate through these experiences in a safe and nurturing space. It also develops his senses to healing energies available to him through nature. In order to tap into this healing fountain and allow the energy to flow one has to be aware, totally open and connected.

ACCESS ENERGY HEALING

PHP 3,800+ +/60 Minutes

A hands-on process with tools designed to free one from issues, past traumas as well as clear and eliminate self-imposed limitations, abuse and fixed ideas that cause mental, emotional, physical and spiritual blockages. It erases and clears the entire energetic pattern locked in the body and being that hold these in place, which gives the person spectacular freedom for the first time in their life. What if you can release everything that has been holding you back?

CRYSTAL HEALING

PHP 3,800+ +/60 Minutes

Crystal healing is a form of healing that uses crystals or gemstones. The crystals are mainly placed on specific areas of the body called "chakras." Crystals direct the flow of energy to the person in a particular part of the body and bring balance to a person's energy thereby re-activating, recreating and rejuvenating one's aura

REIKI

PHP 3,800+ +/60 Minutes

Reiki is a Japanese Healing Art, that is gentle, profound and a non-invasive therapy. Reiki is a specific type of subtle energy work in which healing is performed by the touch of the hands, allowing the flow of the energy from a limitless source to the patient via the Reiki practitioner. It is extremely powerful, yet gentle energy that can be easily channeled to yourself and others, just by *intention*.

Reiki healing is a pure energy form. When it is combined with the sincere Desire of the Healee, who is willing to effect a cleansing within their emotional and spiritual consciousness, a total healing can occur.

Reiki is excellent for healing any physical, mental, emotional and spiritual issues of any kind and it gives wonderful results.

Some of Reiki Healing Health Benefits:

- ♣ Creates deep relaxation and aids the body to release stress and tension
- ♣ Accelerates the body's self-healing abilities
- ♣ Aids better sleep
- ♣ Reduces blood pressure
- ♣ Helps with acute (injuries) and chronic problems (asthma, eczema, headaches, etc.) and aides the breaking of addictions
- ♣ Helps relieve pain
- ♣ Removes energy blockages, adjusts the energy flow of the endocrine system bringing the body into balance and harmony
- ♣ Assists the body in cleaning itself from toxins
- ♣ Reduces some of the side effects of drugs and helps the body to recover from drug therapy after

surgery and chemotherapy

- ♪ Supports the immune system
- ♪ Increases vitality and postpones the aging process
- ♪ Raises the vibrational frequency of the body
- ♪ Helps spiritual growth and emotional clearing