

# THE FARM

## AT SAN BENITO

### **Jessica De Leon, MD, MPH, CMA**

*Integrative Medicine*

Tuesday & Wednesday

Dr. Jessica de Leon is a medical graduate of the University of the Philippines-College of Medicine. She is a traditional, alternative medicine and public health practitioner skilled in the integration of traditional and alternative modalities with mainstream medicine. She has demonstrated abilities in body-mind interventions, energy medicine or life force nourishment, homeopathy and homo-toxicology, acupuncture, heavy metal detoxification, nutritional medicine, natural remedies as well as health promotion.

She started dabbling in Body-Mind techniques at the age of twelve. By the time she got to pre-med, she was given the opportunity to dedicate her life to bringing out the best in every living being through the discipline of Integrative Medicine. Since then, she has been the beneficiary of trainings here and abroad on traditional and alternative health care as well as healthy lifestyle. She facilitates classes on various aspects of integrative medicine and healthy lifestyle, such as structured trainings on body-mind interventions, energy (pranic) healing, acupuncture, etc.

#### **SPECIALIZED TREATMENTS & SERVICES**

##### **ACUPUNCTURE**

**PHP 2,400+ +/60 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.

##### **ELECTRO ACUPUNCTURE**

**PHP 3,000+ +/60 Minutes**

Electro acupuncture is a form of acupuncture where a small electric current is passed through acupuncture needles. According to some acupuncturists, this treatment can restore health and well-being, and is particularly good for treating pain.

##### **FACIAL ENHANCEMENT ACUPUNCTURE**

**PHP 2,400+ +/60 Minutes**

Also known as acupuncture facial rejuvenation or acupuncture facelift – this treatment can enhance not only your physical appearance but also your overall health, giving you a glow that radiates from deep within.

## **LIFE FORCE NOURISHMENT**

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.

### **GUIDED MEDITATION**

**PHP 2,000+ +/30 MINUTES**

Meditation is a form of mental discipline to achieve a state of relaxation or awareness leading to the expansion of one's consciousness. You will be guided as you embark on a journey to quiet the mind, release stress and improve the oxygenation of the entire body.

### **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

### **PRANIC HEALING**

**PHP 3,800+ +60 Minutes**

Pranic Healing is an ancient science and art of healing that utilizes prana or ki or life energy to heal the whole physical body. It also involves the manipulation of ki and bioplasmic matter of the patient's body. It has also been called medical qi gong (ki kung or ki healing), psychic healing, vitalic healing, therapeutic touch, laying of the hand, magnetic healing, among others.

#### **Some of the benefits of Pranic Healing include:**

- Regulates and boosts the immune system.
- Reduces the side effects of biologicals such as chemotherapeutic agents.
- Mitigates the impact of radiation toxicity.
- Heals a wide range of physical ailments from fever, aches and pains to more severe illnesses.
- Heals psycho-emotional afflictions such as stress, depression, addictions, phobias, traumas, obsessions, hallucinations.
- Protects against negative and psychic contaminations; generates "good luck" for prosperity and success.
- Cultivates one's inner life and spirituality.