

# MORE INFO – ZOOM TOPICS

## 1. Acupuncture

- Overview of traditional Chinese medicine principles
- How acupuncture works (energy flow / meridians)
- Common uses: pain relief, stress, digestion
- Safety and what to expect in a session

## 2. Aromatherapy

- What essential oils are and how they are used
- Benefits for mood, sleep, and relaxation
- Methods: diffusers, topical use, inhalation
- Safety guidelines and dilution practices

## 3. Herbs

- Introduction to herbal medicine
- Common herbs: mullein, nettle, wormwood, black walnut, slippery elm
- Uses: detox, respiratory support, digestion
- Preparation methods: teas, tinctures, powders

## 4. Homeopathy

- Basic principles of homeopathy
- “Like cures like” concept
- Common remedies and their uses
- Differences between herbal medicine and homeopathy

## 5. Healthy Meal Planning (Microgreens & Sea Moss)

- Nutritional benefits of microgreens
- Sea moss: minerals, uses, and preparation
- Building balanced meals
- Sample meal plans for energy and wellness

## 6. Self-Massage

- Benefits: circulation, relaxation, pain relief
- Techniques for neck, shoulders, and feet
- Tools: hands, rollers, massage balls
- Daily routines for stress management

## **7. Tea – Health Benefits**

- Types of tea: herbal, green, black
- Benefits: detox, immunity, digestion
- How to prepare teas properly
- Creating daily tea rituals for wellness