

The value of detoxification:

Many substances in our environment are known disturb our health and to cause cancer. While a healthy body can detoxify substances and eliminate them without harm, any compromise to our organ systems can leave us with a great challenge. Cancer treatment often utilizes highly toxic substances to destroy cancer cells. Engaging in thorough and routine detoxification practices is useful for maintaining health in our modern world. For cancer survivors, this is especially important to regain optimal health. There are many ways to encourage the bodies' ability to detoxify. Allow me to assist you in finding the best process to meet your personal needs.



Sara Hart, L.M.T.

Natural Health Center
2220 SW First Ave.
Portland, OR 97201

Address Correction Required

*Cancer
Support Services*

WITH MASSAGE AND
HYDROTHERAPY



Sara Hart, L.M.T.
www.harthealing.wordpress.com

Tel: 503.552.1551 xt. 5326

Experience

My experience with cancer treatment has been a lifelong journey. Recently, I graduated from the National College of Natural Medicine with a degree in Naturopathic Medicine and Classical Chinese Medicine. Through the course of this training, I was able to delve deep into the workings of the body and have found the role of routine detoxification to be paramount to maintaining health in our modern world. Presently practicing as a massage therapist, I am able to utilize bodywork and hydrotherapy as main treatment modalities to support individuals in improving their health by supporting the natural healing ability of the body.

~Sara Hart, LMT



Treatments

MASSAGE :

Therapeutic touch facilitates circulation, relaxation and supports overall well-being.

Lymphatic massage has proven to be highly beneficial for breast cancer survivors. Other symptoms that may be addressed include neuropathy, body aches as well as depression and anxiety.

HYDROTHERAPY :

The use of water, temperature variations and topical herbs support the body by shifting the blood flow and increasing cellular activity.

Constitutional: Lying on a treatment table, topical applications of contrasting temperatures are used to shift the blood flow to specific organs in need of detox support. This treatment has been shown to increase immune activity, decrease inflammation and improve overall health.

Russian Steam: Seated upright in a steam chamber, with the head open to the fresh air, the body gently warms and the pores open. Alternate with salt scrub and cold friction for maximum detoxification through the skin.

DIETARY CLEANSING :

Each season I offer group cleanse experiences to support and empower individuals through 1 to 3 week programs. This involves dietary changes, modified fasting and group meetings.

GUIDED IMAGERY :

Drawing from many traditions of healing, this modality is individually designed to support the healing process and can be utilized with any treatment.

Scheduling

If you or someone you know would benefit from a massage or hydrotherapy appointment, you can contact Sara Hart, LMT (lic #13112) directly at:

503.552.1551 xt. 5326 ~or~
sararynhart@yahoo.com

AVAILABLE AT :

Natural Health Center, 2220 SW 1st Avenue,
Portland, OR 97201 503-552-1551

~ AND ~

Kwan Yin Healing Arts, 2330 NW Flanders,
Portland, OR 97210 503-701-8766

RATES :

Massage: 1/2 hour \$40, 1 hour \$75, 1.5 hrs \$110.

Hydrotherapy: 45 min \$40.

Russian Steam: 60 minute session \$20.

Combination Hydro/Massage: 1.5 hrs \$100.

~Insurance billing, gift certificates and in-home treatments available upon request.

SARA HART, LMT

