

## "Health cure in the City of Angels" written by Michel GÉRARD

Although Bangkok is rather reputed for giving its residents a life of stress, with respiratory problems or various allergies, a health centre established in a hundred-year-old teak house specializes in detoxification using natural methods.



Nowadays, people's lifestyles in modern society is far from ideal, especially, in the big metropolises that seem generous towards stress, lack of exercise and unbalanced diets. In Bangkok, like every big capital, we accumulate toxins that the body stocks while producing, in exchange, high blood pressure, allergies, obesity, joint pains, fatigue, asthma, and many other irritants. Getting rid of these toxins naturally is possible and is exactly what the Balavi Health Centre offers in Bangkok.

There are, first of all, several programmes available to suit the need and time of each person, from a half day session to one of 10 days. A one-day session starts with thirty minutes of Qigong outside on the grass, a light Chinese exercise with breathing and concentration to increase vitality.

The Qigong, literally meaning energy "Qi" and skill "Gong", means: the skill of attracting vital energy. It is an art of auto-healing that combines movement and meditation with visualizations that are used to improve the mind/body relationship and help recovery. Regular practice can prevent and treat illnesses, reduce stress, re-establish balance and bring peace.

After a break spent with a glass of fresh fruit juice, Doctor Banchob Junhasavasdikul invites the participants to a short lecture providing information on the different methods of natural relaxation and detoxification for the well being of the body and mind. He explains in detail how the toxins in the body can be eliminated by sticking to a balanced diet, regular practice of mono diet, Qigong and Yoga, meditation and breathing, and intestinal cleansing.

The morning continues with a sunbath, the body is lubricated and laid down on beds made of bamboos, then covered with banana leaves that permit one to receive all the sun's energy while filtering the harmful ultra violet rays. The light spectrum is filtered then to keep only the energy of the green light that is produced on the body. A short pause with fresh fruit juice follows this sunbath. Yoga, which is also a way of relaxation and promotion for good health of the mind and body, is the next activity that is practised in a bright room on the first floor of the centre. There, an instructor explains and demonstrates the different positions that the group tries to imitate, each participant at his own level.

A very balanced and healthy meal is at that moment served by the organic kitchen of the establishment: soy bean soup with black algae, salad of carrots Som Tam way, brown rice, lettuce with small pieces of fruits and beta-carotene juice; otherwise a single fruit, like a big green grapefruit, that you can eat all day is provided if you chose the mono diet. The afternoon is dedicated to activities like a Thai herbs steam bath and the aromatic massage. This steam bath, two sequences of ten minutes each, is interrupted by a shower. It cleans the body and brings a sensation of well-being to it. Whereas the aromatherapy, administered in the old house in teak, is composed of a massage that will allow you to relax under the agile fingers of an experienced masseur.

This health centre is for anyone who would like an initiation to the methods of detoxification, a real health cure, or just a good day of relaxation where one feels well resuscitated, in the City of the Angels...

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Michel Gerard is a Travel author based in Asia. Visit the *Reperages Thailand Travel* website for information and ideas of original excursions. Download your \*free\* ebook: "Stories of Authentic Eco-adventure Destinations for Travellers in Thailand" => <http://www.travel.reperages-thailand.com>