

*Health · Beauty · Wellbeing*



# KLÖCKER MARTINA

## Massagepraxis

*Training as a remedial masseuse – Prana therapist*

*New! Top offer!*

Purification-detox programme  
and burning off fat as per  
Dr. Jakobs with the unique deep-  
heat light system combined with  
targetted massages.

**1 FREE treatment  
for every 3!**

*Whoever looks after his health  
today will ensure it for  
tomorrow!*

Immerse yourself in a new world  
and get to know the synergy of  
light and deep heat with the  
objective of optimising weight  
and vitality!



**KLÖCKER MARTINA**

Massagepraxis

*Qualified Prana therapist and  
remedial masseuse*

*Prana is  
life's energy!*

*Prana therapists concentrate on human energetic radiance, aura and its changes. These cause conflicts that reduce everyone's wellbeing. Our masseuse will produce a balance and harmony of energy. This way your body's own regulatory mechanism will find again its proper momentum and flow that will lead to a feeling of Wellbeing in the whole of your body.*



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## *Practices*

### *Classic massage*

A massage calms your nerves, relieves tension and passes on a feeling of relaxation and Wellbeing. It does not only work selectively, but also has a long-term and general effect. For instance, your blood and lymphatic system will be stimulated, acids will be broken down more quickly and your hormonal system will be affected.



### *Reflexology massage*

Massaging the reflex zones of your feet will activate certain organs and strengthen your immune system.



### *Cellulite massage*

This massage will spoil you with special ethereal oils. Our cellulite massage stimulates the breakdown of toxins in your connective tissue.

## *Chakra reflexology massage*

This is a relaxing, gentle massage that has an extremely positive effect on each of your Chakras (energy centres) and therefore on your whole body. Healing stones are also used.

## *Chinese meridian massage*

The objective of this chinese massage technique is to stimulate the energy flow of your meridians (energy channels).



## *Polarity massage*

The polarity massage aims to activate, balance and harmonise your energy and make it flow by an energetic and integral form of relaxation. The objective is to feel ourselves alive, healthy and at one with our surroundings.

## *Ayurvedic massages*

The ayurvedic facial massage, Mukabhyanga, is used for facial care and deep relaxation.

After a thorough examination of your skin, a nice-smelling facial oil that will pamper your senses, is chosen. Your body will be stimulated by an integrated head, neck and foot massage.



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## *Aromatherapy*

Diverse fragrances will enrich your massage. We use ethereal oils taken from medicinal plants and herbs for various therapeutic effects. The healing qualities will take effect on your body and psyche.

## *Himalayan salt and algae compresses*

For detoxification and breakdown of fat. A mixture of Himalayan salt and algae will be massaged into your skin. The valuable ingredients penetrate deeply into the layers of your skin and have a detoxifying and relaxing effect. The toxins deposited in your connective tissue will be released. This is especially effective for any problem areas.



## *Magnetic field resonance therapy*

As an auxiliary treatment for deterioration illnesses, increasing general wellbeing by stimulating relaxation, sleep and reduction of stress, stimulation of your cell metabolism, circulation and supply of oxygen. Electro magnetic energy is the elementary form of energy on which all life depends.



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# Dr. Hulda Clark's treatment

After many years of independent research, the American bio-physicist and physiologist, Dr. HULDA CLARK, discovered that many chronic illnesses such as cancer, Aids, diabetes, MS, chronic tiredness, skin problems, stomach and intestinal diseases, high blood pressure, allergies, sleeping disorders, depression, Alzheimer, heart diseases, headaches, asthma, fungal diseases and much more can often be traced back to environmental pollution and parasitic infestation. With a criminological feeling and toxicological knowledge Dr. CLARK fights against the problem of environmental pollution, food, poisoning by dental metals and the daily use of basic commodities such as cosmetics, washing powder etc.



*Dr. Clark's therapy concept is made up as follows:*

- 1) Debugging of parasites and environmental pollution by means of a bio resonance apparatus.
- 2) Elimination of parasites with appropriate herbs combined with frequency therapy.
- 3) Extraction of environmental pollution by means of kidney and liver cleansing that can be carried out at home without any problem.
- 4) Advice on diet from Dr. Clark, e.g., regulating the basic acid balance, cooking with fresh food, not using preserved food-stuffs, etc.

*This text should not be taken as medical advice, but only as a reference to the results of Dr. Hulda Clark's research. Please refer to a doctor for medical advice.*



# *Infrared deep-heat light system*

*... activates cell metabolism, circulation and burning off of fat.*

*Results of scientific research show:*

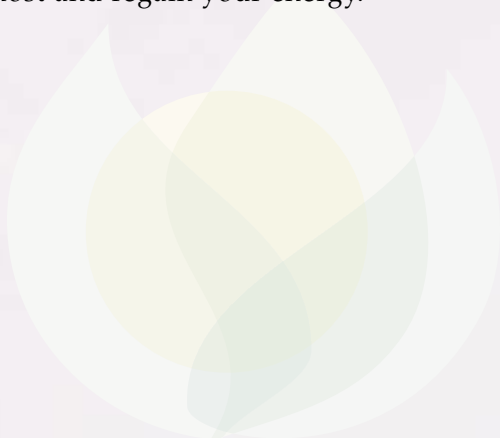
- 1) Intense stimulation of metabolism and supply of nutrients of the cells
- 2) Reduction of toxins
- 3) Sustained relaxation of muscular system, perfect preparation for a targetted massage
- 4) Intensive excretion of environmental toxins
- 5) Reduction of cellulite und body fat by use of basic mineral powder, special dietary supplements and appropriate diet
- 6) Stimulation of immune system and self-healing powerss



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The short wave infrared A-radiation penetrates 40 to 50 times deeper into your skin than the hitherto long wave infrared B and C radiation. Therefore it directly reaches the hypodermis that is well supplied with blood and the fatty tissue and so spares the upper sensitive layers of skin. The light and deep-heat treatment at 40 to 60 degrees is pleasant, gentle and intensive at the same time. Due to the deep action you will sweat more quickly than you would in an infrared deep-heat cabin or sauna. Sweating burns off calories. 1 gramm of sweat uses 0.586 kcal (Guytons Physiologie-Lehrbuch). A half to one litre of sweat uses 300 - 600 kcal, that is a whole meal. Immerse yourself in a new world and get to know the synergy of LIGHT, DEEP-HEAT and MASSAGES. Find your inner balance and harmonise your body and mind. With a bath in light and deep-heat, you can relax to the utmost and regain your energy.



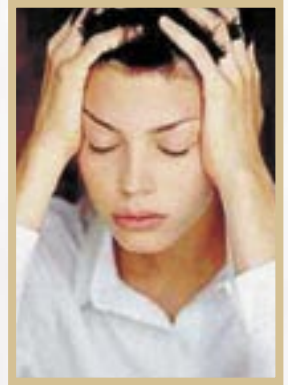
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# *The meaning of basic acid regulation*

*as per Dr.med. Ewald Töth!*

All illnesses are stimulated by acidity! It has been scientifically proven that every illness, physical or psychological is accompanied by an excess of acidity. Tiredness, lack of energy, lack of drive, depression, difficulty concentrating, cold hands and feet, allergies, joint and muscle pains, eczema, loss of hair, gastritis, constipation and diarrhoea are basically accompanied by a decline of the organism and acidity.

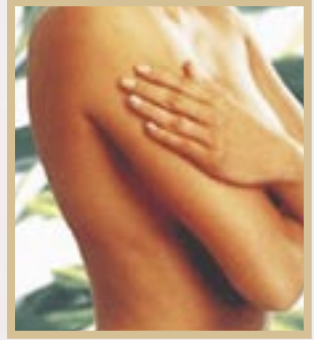


## *What causes acidity?*

Our over-refined denatured food supplies our bodies daily with 80-90% of acid forming substances. Sugar, sweeteners, desserts, white rice, cereal, curdled milk products, cheese, bread, meat and much more form acidity in your body that causes illnesses.

Your body cannot burn off an excess of fat. This leaves behind toxins, acetic acid and mucus that can later form crystals.

A diet of too much protein (too much meat) leads to an excess of uric acid and to damage of the bowels and kidneys. Lack of exercise reduces the peripheral circulation, causes a build-up of acid that can lead to vascular constriction. Over-exertion (in sports) leads to an increase in lactic acid in the muscles and connective tissue. Too shallow breathing and bad posture leave too little room to breath in sufficient oxygen. This in turn leads to an excess of carbonic acid (Co<sub>2</sub>).



*Stress burdens turn the whole body into an acid bath!!!*

*Regularly taking a mixture of basic minerals activated by a quantum of light can balance the constantly produced acid content that arises with daily metabolism or stress burden. Your body can excrete these acids and toxins without any danger through your kidneys and bowels*



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*Give yourself and  
your precious health  
the best gift of all!*



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