

## The health model “Listening to the body”, is strengthened for the future

The CMT Honorary President, Érika Leyva Mendoza believes that the Alternative and Complementary Medicine Model is ready to face new diseases

The COVID-19 pandemic meant huge challenges for the health systems, however, it was the opportunity for Alternative and Complementary Medicine options to demonstrate the benefits they may bring to health.

The year 2020 will remain in the memory of the new generations, as it was a year that put several sectors to a test, like the educational and economic ones, and of course, the health sector. We should be worried about the last one because the COVID-19 pandemic has caused more than 60 million infected people, and approximately 1.4 million people have passed away so far. This situation put the whole world in check.

The health systems even in developed countries collapsed, and they evidently did in the developing countries too. They all are affected by this situation, and the world is suffering day after day the consequences of it in health issues.

Due to the crisis in health systems, traditional and complementary medicine is taking a more active role because every day more people use it in order to get not only physical health, but a reconnection of their mind with their body and their spirit. “Nowadays, the human being is aware of its benefits because of the pandemic and the future new diseases that might appear”, said the CMT Honorary President, Érika Leyva Mendoza.



Érika Leyva Mendoza, the CMT President, is the person in charge of approaching the Health Model “Listening to the body” to all the people who need it. She mentioned that people are using natural options even when they were not completely convinced of the benefits of Alternative and Complementary Medicine, and at the beginning, the only thing they looked for was to reestablish their immune system.

“Allopathic medicine helps you to combat pathologies, but alternative medicine strengthens all of your systems. Nowadays we do not have the culture of protecting our system so we are not used to taking vitamins or deworming in order to strengthen our organism”, mentioned the CMT president.

### Techniques used in the Model “Listening to the body”

- This system uses techniques of observation, biodecoding, finger-pressure, fist-pressure, resonance, and assessment.
- The objective is to relieve nerve knots caused by somatized emotions that may cause stress, anxiety, neurosis, depression, or other diseases.

Érika Leyva Mendoza emphasized that during this year, the model “Listening to the body” faced a massive challenge due to the limitations of social distancing. For this reason, proximity with people is not possible, and it is one of the main characteristics of this model, as finger-pressure is used to feel the symptoms in patients. “As therapists, we feel the symptoms of our patients by pushing specific areas”, she said.

The CMT complementary medicine model has a bigger impact, as it does not provide medical attention only, but it offers different programs designed to combat multidimensional poverty and social backwardness



Additionally, she mentioned: “The challenges are huge as we must pay attention to food, hygiene, and prevention; we do not have to wait until we feel bad. One of the characteristics of the traditional health model is that we do not prevent, and several times patients go to the hospital until they feel pain, but just a few times they notice the origin of the pain or complaint”.

### Effects of the Model “Listening to the body”

- After three days of cephalocaudal treatment, thousands of patients could recover while they continued with their allopathic treatments.
- Due to its qualities, it is suitable for people of any age, without risks of having side effects or collateral damages.

Érika Leyva Mendoza considers that the model “Listening to the body” is a complement for the treatment of diseases. However, in some oncological cases the combination of this method with the allopathic process in clinics had excellent results as patients recovered their health and therefore, they improved their quality of life.

“The model was defined and structured by our founder, we did not make any change to it, and we continue providing the same warmth and quality. Having contact with people is one of our characteristics, and so are the immediate results. It has been proved that our patients recover, it is a model that is ready to face other diseases.” she added.



The CMT facilities located in “Ex-Hacienda ‘La Soledad’” in San Dionisio Ocotlán, are the ideal place for healing as it has Whirlpool baths, “temazcal”, pools, gardens with fruit trees, ornamental, aromatic and curative plants, and a chapel

The CMT President called on citizens to become aware of the importance of taking care of their bodies, health, and immune system. “I do believe in warmth and quality, and especially in good results. It is the moment for traditional medicine to go one step further to complement allopathic medicine. Altogether, we can make a team as our only reason to work is the patient” she concluded.

The model “Listening to the body” aims at the reconnection of the patient’s mind and spirit, because sometimes diseases are not related to physical issues only. For that reason, we must listen to our bodies carefully, and we must analyze if we need medication to heal a complaint, or if it is possible to heal it with other kind of therapy.

### CMT actions in health

- Considers the integration of traditional and complementary medicine as a part of the integrative medicine model
- Preserves medicines and keeps record of their use to get better integration
- Offers training to traditional doctors



- Facilitates the inclusion of complementary medicine in the state and national health systems
- Improves its facilities to give attention to patients in a context of quality and warmth