

The CMT Alternative Medicine Model: “Listening to the body”

This model was created by Dra. H. C. Catalina Mendoza Arredondo

Dra. Catalina Mendoza Arredondo realized that low-income families had to pawn their tools as a desperate act to get money to face different health problems.

The woman who founded Congregación Mariana Trinitaria, Dra. H. C. Catalina Mendoza Arredondo, was a person with a peculiar sensitivity who studied to become a nurse, and in the meantime, she studied about Mayan Medicine.

She noticed that low-income families had to pawn their tools as a desperate act to get money to face health problems. Her first actions were focused on giving health assistance by using her own model called “Listening to the body”. Through this model, more than ten thousand patients received assistance as they continued on their allopathic treatments.

The model created by Dra. H.C. Catalina Mendoza Arredondo recovers knowledge and ancient practices performed by native communities from Mesoamerican civilizations. For them it was fundamental the use of the four elements:



The objective of this alternative and complementary medicine is to defuse energetic points that might be a consequence of traumatic experiences in the immediate past or recent experiences. This system strengthens the people who are under severe allopathic treatments, and it helps them to complete them with the fewest physical and emotional changes.

The benefits of this model contribute to take care of the mental and spiritual health of patients too, as scientific rigor does not pay enough attention to those aspects. That is to say, allopathic medicine focuses only on the disease, but it does not pay attention to the spiritual aspect.

“The body is the biggest and the most amazing encyclopedia in the world; the past, the present, and the future are written on it”.

Dra. H. C. Catalina Mendoza Arredondo. Founder of Congregación Mariana Trinitaria.

In this model, the expert rings a little bell all over the body of the patient, who must lie down on a stretcher. Any changes in the sound indicate tension points that may affect the patient’s health. Sometimes, the clapper does not make any sound, which indicates serious problems, difficulties or painful experiences that caused somatization in such a way that they affect specific areas and they also affect the triad mind-body-spirit.

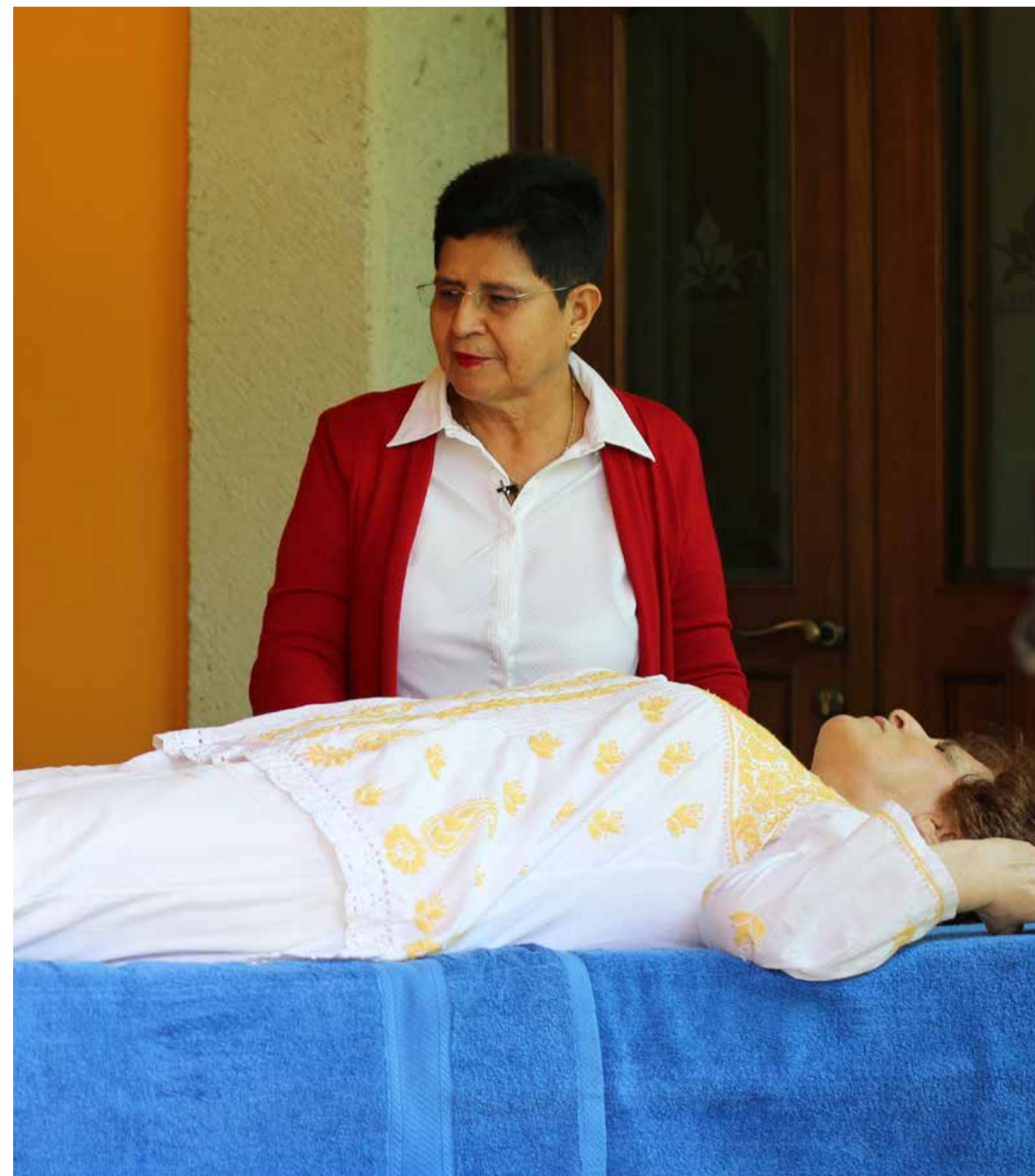
Sessions based on sauna sessions, hydro massage, and vaporizations with different plants with anti-inflammatory, sedative, analgesic, or antispasmodic properties; contribute to relax the muscles and to dilate blood vessels. In addition to this, swellings, congestions and pains are also relieved, as the immune system and the cellular metabolism get benefits too.

Detoxification through hydration is important because water carries oxygen, enzymes, hormones, and nutrients. It helps to get rid of wastes and toxins, it stabilizes the temperature, it helps the maintenance of tissue, and the vital functions of cells.



“The human body can tell us about the past, the present, and the future; that is the real magic of the human being”.

Dra. H. C. Catalina Mendoza Arredondo. Founder of Congregación Mariana Trinitaria.



Hygienic-dietary recommendations are given, as well as psychological assistance, personal quality and personalized attention. In three days’ time the cephalocaudal treatment (from head to toes) restores the full potential in patients, while their physical, mental, emotional and spiritual welfare is also improved.

Techniques

- This system uses observation, bio-decoding, finger-pressure, fist-pressure, resonance, and assessment.
- The objective is to relieve nerve knots that may be a consequence of the somatization of emotions that might cause stress, neurosis, depression, or any other health complaint.

Effects

- The cephalocaudal treatment takes three days, and it has contributed to the recovery of thousands of patients, as they continue with their allopathic treatments.
- Due to its qualities, it can be used on people of any age without risks to cause any side effect or collateral damage.

Location

- “Ex Hacienda ‘La Soledad’” is the place where the Congregacion Mariana Trinitaria headquarters are located. It is a place in San Dionisio, Ocotlán; 40 minutes away from Oaxaca City. This place is ideal for healing procedures as it has whirlpool baths, sauna, temazcal, pools, gardens with different fruit trees; ornamental, aromatic, and curative plants, and it also has a chapel.

Students and the academic staff from Public Universities in Zacatecas, Guerrero, Sinaloa, and Oaxaca; as well as the private university Anáhuac Oaxaca, studied and made some research on the Alternative Medicine Model in order to improve it in such a way that nowadays, prestigious institutions recognize it.

Research



Since 2008, Congregación Mariana Trinitaria keeps the evidence of the clinical cases that used this Health Model, and it also develops projects with private and public universities all over Mexico



Currently, the construction of a hospital-school-research center takes place in the south of Mexico. In this place people will teach, practice and spread integrative medicine, especially the Health Model “Listening to the body”