

New hope for relief from arthritis, diabetes, chronic fatigue and more at the School for Self-Healing

“It’s hard to say whether it is more painful to have something and then lose it than not to have it at all. Regardless, we owe it to ourselves to make the most out of what we do have instead of just wishing that things were different,” Meir Schneider, Ph.D., LMT, says of his situation.

Born with cataracts and raised as blind until age 17, Dr. Schneider has discovered what he believes is a revolutionary holistic health system which helped him restore his vision, a system he has now adapted to help others with afflictions ranging from vision problems to diabetes to nervous system disorders.

The technique is called the Meir Schneider Method of Self-Healing, and Dr. Schneider teaches it in San Francisco at The School for Self-Healing. The basic points of the Method involve massage, movement and breathing education combined with visualization, and for some, vision improvement training. And beyond that, this unique school offers programs that meet the custom needs of each individual, paying attention to details such as organs that may be fragile or damaged and ensuring client motivation and empowerment. Sufferers from chronic fatigue syndrome, migraine headaches, diabetes, osteoporosis, arthritis, vision problems, carpal tunnel and more can find hope in the Meir Schneider Method. Seeking to “overturn the unconscious expectations that program how we think, move, breath, and see... it teaches us new ways to move and live.”

The School for Self-Healing is approved by the National Certification board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing provider under Category A. So if you are involved in the massage field and want to continue your education, or are tired of being in pain yourself, look them up. Training is available this summer to learn the Method for both the novice and the expert. The Level One Basic Course will be held from July 25 – August 3 (segment A) and August 7 – 16 (segment B).

There are also free courses on myriad holistic health topics held each month at the school, the next one—entitled 5 Essential Steps to Cleansing—is Thursday May 28 from 7:15 pm – 8:45 pm.