



City/town	Address	Phone number
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Ashkelon	HaGvura 11	08-6741700
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Be'er Sheva	Har Boker 1 Ramot neighborhood	08-6483701
Beit Shemesh	HaNurit 23	02-9909663
Giv'at Shmuel	31 Yoni Netanyahu	03-7385520
Hadera	Palterin lane 6	04-6639339
Haifa	Atlit lane / Yavneh St. 5	04-8612312
Jerusalem	Malha Mall	02-5684000
	Ben Sira 3	02-5678300
Kfar Saba	5 HaSharon Road	09-9538515
Modi'in	Azrieli Modi'in Mall Ha'ir 16	08-9737008
Netanya	Remez 16	09-8342858
Pardes Hanna	HaDekalim 99	04-6239800 04-6239805
Petah Tikva	Rishon LeZion Street, Em Hamoshavot shopping center	03-9184117
Ramat HaSharon	Sokolov 91	03-5481522
Rehovot	Herzl 182	08-9482880 08-9482879
Rishon LeZion	Mohilever 5	03-9651606
Tel Aviv	Sprinzak 3	03-6941590



For additional information or to make an appointment - please contact the Meuhedet Complementary Medicine clinic closest to your place of residence. You can also provide your contact information on the Meuhedet website: www.meuhedet.co.il



Complementary medicine at your fingertips

Meuhedet Complementary Medicine offers you a variety of special treatments based on traditional and Eastern healing approaches, along with healing techniques from the Western world. The staff of caregivers at our clinics includes specialist physicians and professionals carefully selected for their training and clinical experience in the field.





Acupuncture:

An ancient medical practice that developed thousands of years ago, which involves gently inserting needles into acupuncture points. This influences the functioning of organs and bodily systems and the flow of energy (qi). Acupuncture is effective for a variety of medical conditions such as chronic diseases, pain relief, and alleviating symptoms.

Biofeedback:

Biofeedback is a pleasant treatment method that makes use of electronic equipment in order to learn about and objectively measure changes and processes taking place in the body of the patient. In this way, the patient learns how to develop the ability to monitor and control processes, and improve his/her quality of life. Biofeedback helps deal with a variety of conditions such as pain, difficulty concentrating, bowel control, and teeth grinding.



Feldenkrais:

The Feldenkrais Method is based deepening a person's self-understanding of his/her body and developing movement capabilities. Feldenkrais helps people with rehabilitation after injuries and surgeries, pain relief, improvement of coordination and motion, and more.

Homeopathy:

A natural healing method that helps the body return to healthy functioning, so that the body can defend itself against diseases and infections. Homeopathy is effective for a variety of conditions, such as: children's diseases, respiratory diseases, allergies, and behavioral problems.

Hypnosis:

Through hypnosis, the hypnotist uses various techniques to help the patient achieve a state of relaxation and concentration, and thus bring about changes in behavior. During hypnosis, the person focuses on experiences of him/herself, and enters a different level of consciousness. Hypnosis helps treat chronic pain, diseases that harm the body's immune system, anxiety and stress, and more.

Medical massage:

The goal of medical massage is to return the body to proper functioning, help release contracted muscles, improve range of motion in joints, and improve general feeling. Medical massage is suitable for treating back pain and other kinds of pain originating in the bones, muscles, and joints, reducing mental stress, inflammations, and more.

Naturopathy:

Naturopathy is a natural, holistic healing philosophy that encourages the patient to heal him/herself through natural healing methods and a healthy lifestyle. Naturopathy helps deal with a range of medical conditions such as high blood pressure, obesity, and gastrointestinal problems.

Osteopathy/chiropractic:

A method of diagnosis and treatment using manual therapy, which focuses on the bones and skeletal system, and restoring balance and repairing disorders related to bone and joint positioning. Osteopathy is effective for spinal problems, radiating pain, functional problems of internal organs, and more.

Qigong:

Qigong is a movement discipline originating in China, which is well known for its ability to prolong life expectancy. The series of exercises include proper breathing, movement, and meditation to create balance and strengthen the body's intrinsic life energy (qi). Qigong helps strengthen the immune system, provide support and rehabilitation for chronic diseases, help with limited motion, and the like.

Reflexology:

Reflexology is an ancient treatment and diagnosis approach that believes that by massaging and applying pressure to reflex points on the feet, it is possible to open energy blockages and affect the functioning of bodily organs and systems. Reflexology is suitable for dealing with a variety of physiological and mental conditions, such as pain relief, digestive and respiratory problems, and reducing stress.

Shiatsu:

Shiatsu is a treatment method originating in Japan that uses manual therapy. It is based on the practitioner placing pressure on various areas of the patient's body. Shiatsu is relaxing, pleasant, and helps with a variety of orthopedic, internal, neurological, digestive, and gynecological problems, among others.

The Alexander technique:

The Alexander technique teaches patients how to use their bodies more effectively in everyday activities, and to be responsible for improving quality of life. The technique helps prevent effects related to aging, and helps with the rehabilitation of pain sufferers, people with

breathing difficulties, and more.

The Paula technique:

The Paula technique was developed in Israel and is based on exercising the ring muscles in order to bring about self-awareness and improve the self-healing abilities that exist inside each person.

The Paula technique helps control the sphincter, treat and deal with constipation and menstrual cramps, strengthening the muscles of the pelvic floor and stomach, and more.

Treatment for bedwetting:

Bedwetting is involuntary urination that takes place during sleep, and is very common during childhood. The treatment process includes a diagnosis of the problem and creating a treatment and training plan with the help of a bedwetting alarm, which the patient carries out at home. The plan also addresses emotional factors such as increasing motivation, providing positive feedback, bladder training, and conditioning therapy.

Tui Na:

Tui Na is form of manual therapy that is an integral part of traditional Chinese medicine, and combines strength and tenderness, fast and slow. Its goal is to spread out the body's defenses and increase the proper functioning of weak organs. Tui Na therapy has a broad effect on orthopedic and neurological problems, the functioning of internal organs, emotional problems, and more.