



Who Are Global Healing Exchange?

Global Healing Exchange is a company that is dedicated to **EMPOWERING** people to learn how to heal. Western society tells us to go to the doctor to take a pill, or go under the knife, but is there a better way?

Through Holistic Living magazine our readers get access to world class therapists that share their knowledge on health and wellness.



Our specialists teach them how to live a holistic life and gain a healthier body.



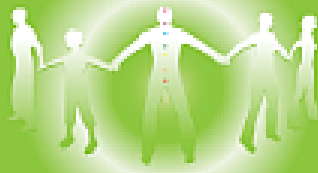
Sharon White is the founder of Global Healing Exchange, she has been a therapist for over 20 years and wanted to get a team of experts together to help people understand that you have to look after your body holistically to gain health results. Taking pills is like using a band aid, they may fix the symptom but do not address the cause.

When looking at truly healing our body we need to get to the core of the issue. That could be through working with the mind, using nutrition, exercise, looking at the subconscious mind, changing your energy/vibrations, and so much more. Each one of us is different and we want to help you find the way that works for you.

"Our mission is to inspire people to have a healthy life".

To empower and educate people to learn that they can heal their body holistically. Traditional medicine has its place but it does not work 100% of the time. We aim to work with companies with the same mindset. Companies that want to help our readers to live the best, healthiest life that they can.



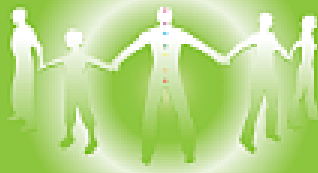


What Is Holistic Living Magazine?

We are a team of health and wellbeing experts from around the world. Our mission is to educate our readers with reliable resources that address all aspects of our physical, mental and spiritual wellbeing.

We are passionate about changing the way we heal our bodies with a holistic approach. We want to support the healers and doctors of the future who show us how to heal without drugs. We aim to educate people more about how the pharmaceutical industry is a business that makes money from people being sick and give alternative information.





We provide original editorial content and promote ethical products and services that contribute to a healthier, more balanced lifestyle.

We aim to create a high-end, visually stimulating magazine that bring our readers back month after month and ad designs that will bring customers to your door.

Holistic Living Magazine is always complimentary to our readers, ensuring that our message finds the widest audience possible.

We aim to connect consumers with holistic practices, products, services and information, to help our readers live a holistic life.

Holistic Living Magazine covers all areas of health and wellness. We work with practitioners from all over the world, helping people learn how to heal their body holistically.



ALTERNATIVE MEDICINE VERSUS TRADITIONAL MEDICINE

Alternative medicine versus traditional medicine, what do you choose? As children we have been taught to go to see a doctor when we are not feeling well. I remember sitting in the doctor's waiting room as a child, knowing that after seeing the doctor I would start to feel better again. We are conditioned at such a young age! Many of us are bought up this same way. What we are not taught is the pharmaceutical industry is a business and the doctors get paid by these companies for selling their 'drugs'. The pharmaceutical industry is a multi million dollar industry!

Our culture has allowed the health care industry to become so powerful and disproportionately lucrative that it is now in the business of illness rather than health. What I mean by that is, the pharmaceutical company makes a lot of money when people are sick. Now don't get me wrong I am not anti traditional medicine, (it has a time and place and has done amazing things), I am anti keeping people sick to make money. I believe in empowering people with knowledge so they can make their own decisions regarding their own health and wellbeing.

So lets look at some facts regarding choosing between alternative medicine versus traditional medicine.

Most medical schools don't teach disease prevention. They don't teach that a proper diet or doing some exercise is part of living a healthy life. They don't teach that a healthy mindset plays a huge part in the way we feel. Instead they focus on just the physical body and calculate your wellness by checking your red/white blood cell counts, hormone counts, blood pressure readings, etc. Now whilst these tests do show that something is either good or not so good, it is not looking at the full picture. Traditional medicine does not always look at the way the patient feels. I know this because I went to the doctor with extreme fatigue, had to sleep in between my sessions seeing clients, had pain walking, etc. The doctor took my blood tests and told me that I was OK but I KNEW I wasn't. I had to turn to alternative medicine to find the answers I needed (and I digest)...

In traditional medicine pain is treated as an enemy, that is quickly treated with prescription drugs that mask the pain so you can no longer feel it. A practice that usually means it will resurface later with increased intensity because they symptoms are being masked medicine treats the pain as a signal from our body that something is wrong and use it as an investigative tool. When we listen to our body, we can learn so much.

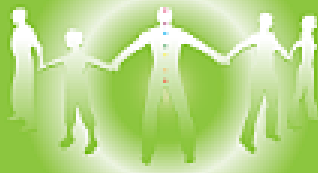
Being healthy means we need to look at our lifestyle, at the foods we eat, exercise we take, rest we get, our mindset and so much more. We need to start thinking about prevention, rather than just masking our symptoms with drugs. We need to start thinking about our health as "being wellness" rather than just illness prevention. Can you see the difference? One is focusing on the positive possibilities and listening to the messages your body is giving you, the other is masking what your body is telling you with a pill (that probably has many side effects).

Alternative medicine comes from inside us, it lets our body tell us what we need and we treat it naturally using plants/herbs. It helps us feel empowered in knowing our body can heal naturally, when we give it the environment, love and support it needs. Traditional medicine comes from outside of us. It gives all of our power away and gives power to the pill. We need to be re-educated about our health, to be less intimidated by doctors and disease and to feel empowered.

So next time you are thinking about doing to see a doctor who is going to give you a pill, ask yourself, what can I do to make myself feel better? What message is my body trying to tell me?

Sharon White
If you would like to learn more and work with me one on one I would love to work with you.
www.sharonwhite.com

WWW.GLOBALHEALINGEXCHANGE.COM | JUNE 215



We aim to have one expert in each healing modality. We write about the mind, body and spirit. We write about dis-ease in our bodies and how to get well. We educate our readers about holistic ways of living.

We believe to get a healthy body we need to look further than taking pills and we need to look after our; nutrition, exercise, the way we think, our energy, our environment, learn about the toxins we put into our body. We need to educate our readers about how to empower themselves with enough knowledge so they can use the information on themselves and with their family and loves ones.

To advertise with us you need to have an ethical company that has products that are chemical free. Your product needs to be aimed at wellness, whether it be relaxation, retreats, food, or products.

5 ANCIENT Natural AND ALTERNATIVE HEALING METHODS THAT ARE STILL RELEVANT TODAY



The term alternative medicine or 'using alternative healing methods' means using any form of medicine that is not practiced by the majority of our doctors today. It is not yet used in our mainstream, western medicine, although as technology is catching up, many forms of alternative healing methods are being adopted by many conventional doctors.

If you are looking for alternative healing methods, here are some for you to try. Many have been used for thousands of years by our ancestors.

1 Traditional Chinese medicine or TCM incorporates a broad range of medicine practices sharing common concepts which have been developed in China and are based on a tradition more than 2,000 years old, including various forms of herbal medicine, acupuncture, massage (Tui na), exercise (qigong), and dietary therapy. It is primarily used as a complementary alternative medicine approach. TCM is widely used in China and it is also used in the West.

Traditional Chinese medicine "believes that the body's vital energy (chi or qi) circulates through channels, called meridians, that have branches connected to bodily organs and functions. Our energy and physical body is connected.

Some of the things TCM is used for are; insomnia and fatigue, loss of appetite, common digestive disorders, constipation and diarrhoea, irritable bowel syndrome, chronic headaches, skin disorders, fluid retention, anxiety, depression and stress, allergies.

2 Cupping therapy is an ancient form of alternative medicine in which suction is created on the skin in a localized area. It applies suction to diseased parts of the body using ceramic glass or bamboo cups in order to increase the regional circulation and thereby promote healing. Or you can buy rubber cups that you can use on yourself to relieve those muscle aches. (I use mine quite a bit while I am at my computer). In very ancient times the horns of animals were used for this purpose. This mobilizes blood flow in order to promote healing. Suction is created using heat (fire) or mechanical devices (hand or electrical pumps). The practice dates from as early as 3000 B.C. Evidence has been found in China and in ancient Greece, Hippocrates used cupping for internal disease and structural problems.

Some of the things cupping is used for are; relieve back and neck pain, relax stiff muscles, calm anxiety, fatigue, migraines, rheumatism.

3 Aromatherapy is the use of essential oils used for therapeutic, hygienic and energetic purposes. It goes back to a number of ancient civilizations including the Egyptians, Greeks, Chinese, Indians and Romans who used them in perfumes, cosmetics and drugs.

Using "essential oils" distilled from plants, aromatherapy treats emotional disorders such as stress, anxiety and depression as well as a wide range of other physical ailments. Oils are massaged into the skin in diluted form, placed in a bath, or inhaled. Aromatherapy is often used in conjunction with other holistic treatments, such as, massage therapy, reflexology, herbology, chiropractic, acupuncture. I love aromatherapy! (In fact it was the first modality I was ever trained in back in 1996).

Some of the things aromatherapy is used for are; burns, depression, dermatitis, nausea, joint pain, muscle pain, headaches, PMS, depression, bites, toothache, insomnia.

4 Dance therapy has been used therapeutically for thousands of years. It has been used as a healing ritual in the influence of fertility, birth, sickness, and death, since earliest human history but, the establishment of dance as a therapy and as a profession occurred in the 1950's. Dance and/or movement therapy uses expressive movement as a therapeutic tool for both personal expression and psychological or emotional healing.

Dance/movement therapy is not like a dance class where you learn steps or routines, instead, it directly focuses on the development of motor skill or physical release for the client.

Some of the things dance therapy is used for are; autism, physical disabilities, addiction issues, sexual abuse histories, eating disorders.

5 Feng Shui is an ancient Chinese practice of arranging the home or work environment to promote health, happiness, and prosperity. The history of feng shui covers 3,500+ years before the invention of the magnetic compass. It originated in Chinese astronomy. Practitioners may recommend changes in your surroundings - from the color scheme used in your environment to furniture placement - in order to promote a healthy flow of chi, or vital energy.

Some of the things feng shui is used for are; getting grounded, focusing attention, clearing emotional blocks, bringing on abundance, sleep, balance, breaking through creative blocks.

If you would like to learn more and work with me one on one I would love to work with you.

Sharon White

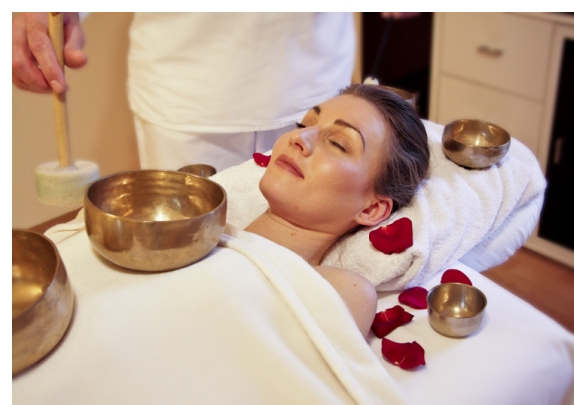




Sponsorship Policies

Our experts have all worked with Sharon and she handpicks who she wants to invite to be an expert. Our experts pay a fee for advertising their business to our database. They get their article in the magazine, we also promote their work via our social media and interview them for our membership program.

We will also promote our experts products via email marketing for an extra fee. If you are interested in being an expert in Holistic Living Magazine, and want to get global exposure, please email us at sharon@globalhealingexchange.com to book an appointment with Sharon.





Our half page ads cost

AU\$300+GST

Half page adverts

Landscape: 8.25" x 5.38"



**Join A Community of Like Minded
Holistic Practitioners**

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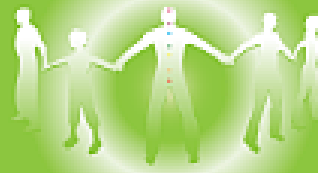


Our full page ads cost

AU\$500+GST

Full page adverts

8.25" x 10.75"



You Can Advertise On Our Website Too

Write an article about what you do and how you can help our readers, have a banner advertisement on that article with a link to your website for **AU\$300+GST**. The banner will stay on your article page permanently.

If you do not have a graphic designer, we can design your banner for you for only **AU\$75+GST**

You can also buy banner space and design your own banner to be placed on a webpage of your choice. (Prices vary depending on which page you choose).



Latest Articles



Astrology & The Business Of Being YOU!

Sydney Astrologer Tanya Jolly says for industry holds a very important purpose, which is about empowering people to understand their unique strengths and purpose in life. This is the first in a series of articles which reveals the secret information in your astrology chart that astrologers never usually share! Astrology – Your Personality, Purpose &...

Filed Under: [\\$10 Monthly members](#), [Miscellaneous](#)



From Spark To Reality. Everything Was Once A Spark Of The Imagination.

Everything around you started from an idea – a spark of the imagination. Many have come before us and many exist, on the planet today, who have decided to throw caution to the wind and take their spark of imagination and create it in our reality. Look around you and think about the things that...

Filed Under: [\\$10 Monthly members](#), [Articles](#), [Health + Fitness](#)





We conduct product reviews.

You are probably aware that the most powerful kind of advertising is an in-post link that flows naturally from the context of your writing.

While we consider giveaways and reviews that fit with our topic and our readership, if you want the *star sponsor treatment*, samples must be provided by you and a member of our trusted team will trial your product for review.

Payment will be required **on or before the 10th of the month PRIOR** to the release date of the magazine.

Images are due **on or before the 10th of the month PRIOR**. We accept JPG and PNG files only.





We offer our sponsors the opportunity for a giveaway.

We need to build trust with our readers so all of the products will be tested by our team.

If you are wanting to advertise via a giveaway in the magazine, please contact us at sharon@globalhealingexchange.com to arrange where to send your test product.

Your ad will be in the Holistic Living Magazine that gets distributed to our database and is FREE to everyone.





Statistics

Average page views in the last three months **22,791**

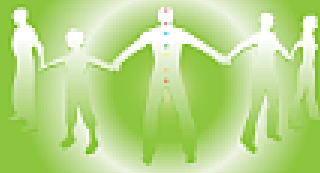
A growing database of **16%** in the last month

Unique visitors per month **3,004**

Page views last 20 days **7,298**

Facebook fans **194,000 +**





GHE has been featured in:



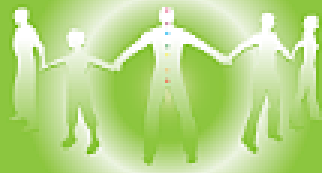
THE Manly Daily

THE Daily Telegraph



Follow us on:





Here are some regular features from our blog:

Overcoming Depression

Meditation Doings Or Happenings Part 1

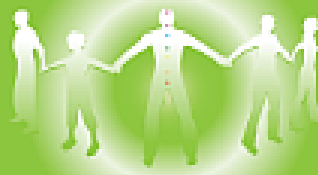
Meditation Doings Or Happenings Part 2

Change In The Energy

Do You Have Health?

Sugar & Cancer





Testimonials

I have been lucky enough to be a part of the GHE website since the earlier days. GHE has become a wonderful resource! With such a wide variety of expert practitioners that have joined and contributed to the site it is now a wealth of knowledge for anyone wanting Health and Healing resources.

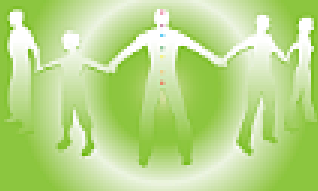
As a contributor myself it has given me international exposure of my own business as my articles are published. I look forward to the many opportunities that will keep coming as GHE continues to evolve. - Michelle Owen.

Every day, we seek the tools and answers at our disposal to make our life as successful and enjoyable as possible. At times, we find difficulty making sense of life's issues despite all the available resources and tools.

This may be due to some negative underlying beliefs and fears or we simply cannot make sense of the situation. We find this can manifest itself in many different behaviours. Whether it be in the way we view ourselves, other people or the world around us.

Some of us simply do not have the strength to make that change as it seems so great and distant. Some of us do not even acknowledge they are there.

I've had the pleasure of working with Sharon. Sharon has the knowledge and experience to help you find and understand the source of these concerns and implement the correct tools to tackle them. - Ali Jadid



If you are an ethical company who is committed to helping people to empower their health and see Holistic Living Magazine as a fit for your business, we would love to hear from you.

On behalf of myself, our team and our entire Global Healing Exchange and Holistic Living community, we sincerely hope to have the honour and privilege of working with you.

To start advertising with Holistic Living Magazine, please contact us at sales@globalhealingexchange.com.

Sharon White

