

# EXBERLINER<sup>38</sup>

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PAGE 26 | SPECIAL | EXBERLINER | APRIL 2006 #38



Name: Ioana

Age: 36

Profession: Art Director

Problems: Back pain, slipped disc

Therapies: Abyanga massage, Pilates, Grinberg Method, Reiki, Lomi Lomi Nui, Metamorphosis

I'm 36 and twisted - I'm talking about my back, mainly. I have a slipped disc and my spine makes a strange detour to the left of my lower back. I'm constantly in pain, sometimes forced into total immobility .... Brought up in a country where the only antidote for back pain is surgery and the antidote for depression is a kick in the ass, it's not surprising that alternative medicine was never an option for me. Nevertheless, miracles happen. After four years with EXBERLINER I decided to stop swimming against the tide of history and test the validity of alternative therapies.

#### Ayurvedic wellness

I started pretty smoothly, with an Abyanga full body massage at Prenzlauer Berg's Surya-Villa Wellness Centre. The therapist welcomed me, and after a general presentation on the 2,000-year-old holistic Indian method, she ran me through a questionnaire intended to reveal my profile or body type (the herbal oils are customized to each profile): Is your skin/hair dry or oily? Are your feet/hands cold or warm? Do you like the sun? How do you sleep? And so on ... It turned out I was a mixture of *Vata* (air and space) and *Pitta* (fire and water). The massage took place in a very relaxed atmosphere: candles, Indian music and even a Buddha statue. I can't deny the cleansing, nourishing, regenerating and relaxing merits of the massage, but what I really needed was more intensive treatment.

#### The Pilates miracle

I then switched to a more dynamic attitude: an hour of Pilates at Elixia Mitte. Abdul Helal turned out to be an excellent instructor. There are about 50 to 60 main exercises in Pilates, but his compilation of 10 to 12 soft and smooth movements worked my bones and muscles from head to toe and convinced me that this was the way to go. The next day I woke up with an amazing sensation of strength and comfort. I got addicted to this newly discovered technique (once a week for a start!) and not only because it's Madonna's exercise regime of choice. For cripples of my type, Pilates is truly amazing.

[INTERVIEW]  
THE World  
according  
to JOHN  
IRVING

World Cup  
or Whore Cup:  
PROSTITUTION  
in Germany

ISABELLE  
HUPPERT'S  
101 Faces

Acupuncture  
Hypnotherapy  
Pilates  
[etc]

ALTERNATIVE  
HEALERS  
tested