



MD Ruth López Alarcon

Holistic Healthcare Practitioner / Author

Born in Colombia, Ecuadorian & Costa Rican

Contact: mynaturalsecret@gmail.com

Telephone: 506 8857 4656

Skills

Holistic Acupuncture



Wellbeing Consultant



Bioenergetic Balancing



Energy Practitioner



Team Work



Expert Lecturer



Language

Spanish



English



Some

French &

German



Workshops

- The fascinating world of energy
- The world of the vibrations: Mantras.
- The 5 elements and the emotions.
- The brain and the mind.
- The power of prayer.
- Calm breathing, calm mind.
- Quantum Powers.
- Mirror cells.

Profile

Dr. Luz is a highly skilled holistic healthcare practitioner, specializing in both allopathic medicine and acupuncture. She is profoundly dedicated to promoting physical and mental well-being through spiritual qigong, meditation practice, and bio-energetic balances. Dr. Luz combines ancient practices including acupuncture, aromatherapy, cranial stimulation, mantras, and energy cleansing to provide a deeply transformative and restorative experience.

Employment History

Visiting Practitioner, Four Seasons Costa Rica, Peninsula Papagayo

2022 - Present

Consultancy for wellness program development. Providing various treatments from my unique menu of offerings to hotel guests.

Holistic Practitioner, Center of Joy Costa Rica, Las Catalinas

January 2021 - Present

Provide unique one-on-one mixed modality acupuncture journeys and other experiences with healing energies, Including:

- Cosmetic energy lifting for rejuvenating acupuncture facial treatment
- Group workshops to explore life force energy - Chi
- Spiritual Healing

Founder, My Natural Secret Costa Rica, Escazu

January 2015 - 2021

Ran an office with a client wait-list and conducted consultations for health and well-being in an upscale San Jose neighborhood. Transitioned to online sessions during the pandemic, creating 36 different workshops. Gained a deep understanding of the concept of Energy during this time.

Lesley University in Cambridge, Boston, Massachusetts

February 2019 - March 2020 Energy healing workshops.

Founder/Director, Harmony: Center for Holistic Medicine, San José, Costa Rica

August 1996 - October 2015

Developed and managed wellness programs, specializing in health tourism, spa management (ISPA), and personnel management. Coordinated with hotels, suppliers, and designed health and wellness programs for corporate clients. Provided training for personnel and developed a product line for spas. Handled importation of natural products from Ecuador and managed patents and distribution. Conducted marketing and sales activities. Conducted research on neuroscience and human development; authored articles, manuals, protocols, and books on well-being. Led seminars and programs in holistic health areas.



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SIGNATURE OFFERINGS

- Self - healing energy experience
- Energy & feminine beauty
- Keeping a healthy brain
- Bionenergetic acupuncture balancing

Medical Doctor / Coordinator, Various Locations Worldwide

1986 - 1996

- 1994-1996: Acupuncture, Dr. Cai San Jose- Curridabat, Costa Rica
- 1991-1993: Eugenio Espejo Private Foundation (ONG): Coordination of Health Institutional Program with OPS and AIDS: Malaria Program in Ecuador.
- 1988-1991: ORSTON (French Cooperation in Ecuador) Leishmaniasis program.
- 1987-1988: EDUNAT: Natura Foundation: Contamination Program with WWT International.
- 1986-1987: DIGEMA : Ministry of Energy in Ecuador: Oil Contamination Program, Ecuadorian Amazonia.
- 1985-1986: International Health Department at the airport in Quito, Ecuador

Education

Meditation Techniques with Tibetan Master, Yong Dong Losar

2015 - 2020

Qi Gong & Tai Qi Courses with Master Herbe Louchan, Mexico

1999 - 2001

Medical University of Montpellier with Jean Bossy, France

1998 - 1999

Advanced Acupuncture at the TCM University in Shanghai-China

1997 - 1998

Mandel Technical Color Therapy with Dr. Makarand, India

1996 - 1997

Bioenergy and Acupressure Massage, GAIA, Costa Rica

1995 - 1996

Practice of Acupuncture, Dra Cabada Hospital Naval, La Habana-Cuba

1994 -1995

Dr. MD Graduate from the Central University of Quito, Ecuador

1980 - 1985