



Benefits of Healing Touch

What are some of the benefits of Healing Touch therapy?

- ✓ Reduces pain
- ✓ Reduces anxiety
- ✓ Enhances recovery from surgery
- ✓ Improves mobility after surgery
- ✓ Relieves tension, stress and depression
- ✓ Provides support during chemotherapy and radiation therapy
- ✓ Strengthens the immune system
- ✓ Reduces the effects of trauma and chronic pain
- ✓ Supports the dying process
- ✓ Deepens spiritual connection
- ✓ Reduces the length of hospital stays

What are other benefits of using Healing Touch/energy medicine?

- ✓ NON-INVASIVE - Healing Touch is done without the use of invasive procedures and offers a holistic way of healing that is gentle on the body.
- ✓ EFFECTIVE - Research has shown that Healing Touch facilitates the relaxation response and enhances the healing process.
- ✓ NON-TOXIC - Healing Touch restores balance and harmony to our natural biofield without the use of pharmaceuticals.
- ✓ ECONOMICAL - Healing Touch does not require the use of equipment or substances and can be done in any setting.

Do you recommend that Healing Touch be used in place of traditional medical care?

Absolutely not! Healing Touch should be used in conjunction with – not instead of – traditional medical care. Healing Touch can facilitate self-healing but is not a replacement for traditional health care, medical diagnosis or medical treatment for illness.