# HEALING TOUCH \* Why it Matters \*



Healing Jouch is based on the science that we all have an energy field surrounding our physical bodies. Medical schools call it the biofield. Evidence of this field can be found in the measurements of our hearts, brains, and muscles' electrical activity through MRIs, EKGs, EEGs, & EMGs.

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# What You Do

As a client, you remove your shoes, remain fully clothed, and simply lie on a table or sit in a chair. Be at ease with slow deep breaths and let the relaxation response begin. Evidence shows a smooth, clear, balanced biofield optimizes the body's <u>own ability</u> to heal and be healthy.

Balanced energy is optimum for our overall well-being.

## ANTICIPATED BENEFITS

- \* Relaxation, Calm & Ease
- \* Decrease Stress
- \* Decrease Anxiety
- \* Decrease Pain
- \* Strengthen the Immune System
- \* Enhance Surgery Recovery
- \* Complement Care for Neck and Back Problems
- \* Support Cancer Care
- \* Deepen Spiritual Connection
- \* Enhance Well-being
- \* Ease Acute and Chronic Conditions
- \* Comfort & Ease during End of Life

Experiences vary among individuals and with each treatment.

## How it's Done

After assessing the client's biofield with a hand-scan, the practitioner determines which technique to use, tailoring the treatment for the client's highest good.

## WHERE

- \* Hospitals
- \* Private Practices
- \* Clinics
- \* Spas
- \* Nursing Homes
- \* Hospice Houses

## NO ADVERSE EFFECTS FROM

## HEALING TOUCH

- WORKS
- \* Physically
- \* Mentally
- \* Emotionally
- \* Spiritually

# What to Expect

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At times, the practitioner's hands will hover over your body, then lightly & gently touch you. You may experience warmth, lightness, tingling, peace, joy, calmness, and relaxation.

INFORMATION: LOCAL: WWW.HEARTANDHEALINGHANDS.COM INTERNATIONAL: HEALINGBEYONDBORDERS.ORG