



What is Healing Touch?

Healing Touch is a compassionate energy therapy in which practitioners use their hands in a heart-centered and intentional way to support and facilitate your physical, emotional, mental and spiritual health and **self-healing**.

Healing Touch uses gentle, light or near-body touch to clear, balance, energize and support the human energy system to facilitate and support healing for the **whole person: Mind, Body, Spirit**.

Healing Touch is a complimentary, integrative energy therapy that can be used in conjunction with traditional therapies.

The goal of Healing Touch is to restore harmony and balance in the human energy system thus creating an optimal environment for the body's innate tendency for healing to occur.

What are the Benefits of Healing Touch?

Research suggests that Healing Touch greatly benefits those who receive it.

Healing Touch:

- Reduces pain
- Reduces anxiety
- Relieves stress and depression
- Provides support during chemotherapy
- Strengthens the immune system
- Creates a sense of well-being
- Reduces effects of trauma and chronic pain
- Enhances recovery from surgery
- Deepens spiritual connection
- Supports the dying process

*For more information on HT research go to:

www.HealingTouchResearch.com