

WHAT IS HEALING TOUCH?

by Kathleen Heilich, RN, CHTP

Healing Touch is a biofield energy therapy that uses gentle touch to influence the human energy system. Biofield is a scientific term used today which refers to the Aura. Healing Touch is a holistic approach to health and healing, encompassing the physical, emotional, mental and spiritual aspects of the whole person. The goal of Healing Touch is to balance and align the human energy field so that self healing can occur.

There are 3 major aspects to the human energy system. They are: The Chakras, The Meridians, and The Biofield. The Chakras are centers which allow for the inflow and outflow of energy from the Universal Energy Field. The Meridians form the electromagnetic circuitry by which this energy is delivered. And, the Biofield consists of the layers of the field.

The principles of Healing Touch guide the practitioner to bring into balance the energy field of the client. By balancing and aligning the energy system, the energy flows undisturbed, allowing the body, mind and spirit to heal. Healing Touch was developed by a registered nurse and is used within the medical community as a complimentary therapy, not instead of traditional medicine. There have been 65 completed research studies to date, worldwide, including The National Institute for Health, and Barnes-Jewish Hospital, right here in St. Louis.

What can Healing Touch do for you? The first effect most people notice is a deep relaxation, a sense of peace and well being. There can be relief from pain, both physical and emotional. Healing Touch can help: allergies, arthritis, neck and back problems, fracture, wound and muscular injuries. It is especially helpful before and after surgery, before during and after childbirth, and combined with medication to treat hypertension and migraines. Healing Touch can lift depression, enhancing personal growth and spiritual development. For those undergoing cancer or AIDS treatment, Healing Touch can be especially helpful to alleviate unwanted side effects of medications while optimizing their desired affect.

Kathleen Heilich, RN, CHTP, is a Registered Nurse and Certified Healing Touch Practitioner with a full time practice at Wibbenmeyer Chiropractic. A nurse since 1975, she has extensive experience throughout traditional medicine, and blends her medical experience with her on going education into complimentary approaches to health and healing. Kathy is on the Board of Directors for Healing Touch St. Louis, and has been featured on the nationally syndicated radio show

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Visit our website at: "<http://www.healingtouchstlouis.org/>"

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