

Healing Touch

What is Healing Touch?

Healing Touch supports the inner wisdom of the body to heal. This helps the body to be in a state of deep rest. It promotes a feeling of well-being. It triggers a physiological response that supports the healing process.

How does Healing Touch work?

It releases endorphins in the brain. Endorphins are the body's own pain reliever and they relax the muscles in the body. Relaxed muscles increase blood flow to the cells in the body. This increased flow of blood brings oxygen and nutrients to the body. It allows the body to digest and absorb food, and get rid of what it doesn't need.

Healing Touch promotes a healthy immune system and well-being. The immune system is a group of organs, special cells, and substances that help protect the body from infections and other types of disease. When you are very relaxed, the body's stress hormone levels decrease.

What are the benefits of Healing Touch?

- A feeling of well-being.
- Decreased symptoms of pain, nausea, fatigue, trauma, anxiety, depression.
- Wounds heal faster.
- A stronger immune system.
- Changes in attitudes and insights.
- Promotes healing from surgery.
- Provides support during chemotherapy.
- Strengthens your body, mind, and spirit.

What is a Healing Touch treatment like?

We will talk with you about your needs for the session. The session takes place either lying in bed, sitting in a chair, or on a treatment table. You are fully clothed with the option of taking off your shoes. Hands lightly touch or are held a few inches away from your body. The goal is to bring your mind, body and spirit into harmony. After your session you may feel relaxed, calm, balanced, nurtured and energized.

Healing Touch experts are certified through the Healing Touch Program and is endorsed by the American Holistic Nurses Association.

Resources

Healing Touch Madison
<http://www.healingtouchmadison.com/>

UW Health Integrative Health Program
<http://www.fammed.wisc.edu/integrative/>

National Center for Complementary and Integrative Health
<https://nccih.nih.gov/>

Healing Touch Program
www.healingtouchprogram.com

American Holistic Nurses Association www.ahna.org