

## CLASS #3

### How Bio-Touch Relates to Other Healing Modalities and Diagnostic Techniques

This class is designed to better prepare you for sharing Bio-Touch as part of the integrative health care community. What you learn in this lesson is for your own self-awareness. In this class, you will be presented with many of the other modalities in the alternative and complimentary health field.

Most universities around the world now have special departments doing research and teaching alternative, complimentary and integrative healing techniques. Bio-Touch works well with all techniques. This class will once again remind us that we accept all people regardless of their belief system.

★ **QUESTION: Have you ever participated, as the practitioner or recipient, of another alternative or complimentary therapy? If yes, please describe what the technique was and how it was performed.**

We are always asked how Bio-Touch relates to other healing modalities like Reiki, Shiatsu, Acupuncture and Therapeutic Touch, to name a few.

At first, the answer is difficult because essentially all healing originates from the same inexplicable source of life. As it is impossible to discuss healing at its source, originators of all the various techniques create systems of healing that can be understood by the intellect.

The originators, and those who practice a specific system, address the laws of the body in the context of their personal understanding. The implementation, the use of that understanding, is then applied to the actual application of their specific technique.

It is at this level that these tools or techniques of healing become distinguishable, or different and separate, from one another. Various understandings generate various philosophies which in turn generate various modalities.

**Healing should be available to all people. It is our birthright to be healthy, happy and loved. This statement defines the very core of Bio-Touch philosophy.**

In addition to the always performed "Greeting" set, there are 16 other sets to choose from that can be used to address many health conditions. It is not necessary for you to know the cause of a specific condition since the sets are designed to address areas of the body, not necessarily a specific problem. For example, problems that manifest in the lungs like emphysema, asthma, bronchitis are all addressed by performing the "Lung" set.

The effectiveness of Bio-Touch is as simple as its philosophy. The very first time you touch another person with this technique there is an effect. That effect may not always be what *you* desire, but none-the-less there is an effect. The question is then, is that effect physical, emotional or spiritual?

Bio-Touch only addresses the physical body. What we notice is that by working with the body, through touch, a door is opened to other subtle aspects of one's being. As changes happen at the physical level, there is an awareness of many old emotional patterns. At this point recipients have the opportunity to match this new physical well-being with emotional & spiritual changes.

Does Bio-Touch address the emotional or spiritual aspects of people? The answer is no! Does it have an effect on those aspects? Of course! The beauty of this technique is that it allows this process, which is inherent in every human being to unfold.

**What in your opinion is the difference between" address "and "effect"?"**

**Student Response**

**Have you personally had or have you worked with a Recipient who has experienced growth or changes in their emotional or spiritual well-being? If so, please share your example.**

**Student Response**

Bio-Touch is the physical application of the Golden Rule: Love Thy Neighbor. It allows the associate and the recipient to come into a relationship of healing, acceptance and love. It is because of this heart connection that there is no need for belief or faith in the system. It stands on its own.

How does it all work? We just do not know. Of course, science is beginning to investigate the nature of humans as an electro-magnetic unit. Possibly, these points activate a natural process inherent in the living organism, which triggers healing to take place. However, we have yet to come to any conclusions. In the application of Bio-Touch, there is no need to transfer energy, have intentions or visualizations. It is very simple and to the point. WE JUST TOUCH!

## Some of the Most Common Techniques Are:

### I. TOUCH AND ALMOST TOUCH TECHNIQUES.

A. **Reiki:** is a "universal life energy" which can be passed on from a master to an initiate. The technique utilizes this "Healing Energy" when the hands are either placed on or just above the recipient. The practitioner also practices prescribed visualization techniques to aid the energy flow. This can be expensive technique to learn and requires considerable training and initiation. It is originally from Japan.

B. **Therapeutic Touch:** This technique was developed by Dolores Krieger, a hospital staff nurse. In many hospitals around the country certification is designed for nurses. They teach about energy work, aura and chakra balancing assessments. Dolores worked with a psychic and gathered techniques from eastern healers.

C. **Healing Touch:** Developed as an outgrowth of Therapeutic Touch. This modality is an expanded version of its predecessor with more points and still has levels. Again, this technique is intended primarily for nurses.

D. **Reflexology:** This is an ancient art requiring the application of pressure on the feet. This can be a painful procedure requiring patience on the part of the recipient and strength and perseverance on the part of the practitioner. The idea is that all parts of the body, structural and internal are represented in the feet.

E. **Acupressure:** Developed in conjunction with acupuncture, this technique requires the application of pressure to specific points on the body. The points, along the energy meridians of the body, are used to increase or decrease energy movement along these pathways. There is much to learn in terms of Traditional Chinese Medical Theory and anatomy.

F. **Polarity Therapy:** Developed to use the polar energies of the body in the healing process. Requires training in the use of touch on specific points or areas of the body. There is an extensive body of learning using this type of therapy.

G. **Chakra Balancing:** This technique does not generally require touch on the body. The hands or other objects (feathers, crystals, minerals etc.) are used to pass over the energy chakras of the body. The intuitive and procedural use of this energy movement balances the energy flow at these specific locations thus effecting a change in the recipients' health status.

## II. Other Modalities

A. **Herbalist:** This modality uses plants as medicines. These plants, used since the dawn of human history, in all cultures, are used internally and externally to treat all known human conditions. Through the use of soup-stocks, known as herbal teas, tinctures (alcohol extractions of plant constituent properties) powders, capsules etc, these plants are ingested by the recipient. The body then breaks down these parts and uses them to nourish the body in a very specific manner. This nourishment, vitamins, minerals, and other catalysts for bodily change, are then recognized and used by the body to improve the health of the recipient. Much safer than drug therapies herbs enjoy a high reputation for efficacy world-wide.

B. **Homeopathy:** This is considered a medical specialty based on the principle that "like cures like" or the Law of Similars enunciated by Dr. Samuel Hahnemann who founded the art in the early 19th Century. The basis for Homeopathy is that if a certain herb or chemical would produce certain symptoms (such as vomiting, fever etc) in a healthy person, than a smaller dose will cure those symptoms in a sick person. Dosages are very small and diluted many times. The belief being that vibrationally this small dose will produce big results. In the 19th Century Homeopathic Medicine was a recognized, accepted branch of medicine with many Homeopathic physicians being Allopathic physicians as well.

C. **Color Therapy:** The use of color, especially colored light to aid in the healing process. When color is introduced the body responds by signaling the normalization of body functions by a variety of means. Stained Glass windows-especially those found in churches, are an excellent example of Color Therapy at work.

D. **Nutritional Therapy:** This technique uses dietary planning as the basis for a return to good health. Through the proper combining of foods, the body will extract the nutritional factors needed to restore health. This technique, including herbs, has always been the basis of healing practice in every culture of the world until modern times.

E. **Chelation Therapy** involves the use of chemical compounds injected into the blood stream, or muscle or taken by mouth to bind metals that are present in toxic concentrations so they can be excreted (usually in urine) from the body.

F. **Faith Healing.** Usually practiced by religious circles implies the need to have faith in something other than oneself.

### III. Diagnostic Techniques

A. **Iridology:** Examination of the iris of the eyes to determine areas or organ systems of the body that are not in harmony. Often photographs of the eye are taken and examined so that an assessment of the affected areas of the body can be determined. At this time a remedial program is then developed, often using herbs.

B. **Sclerology** is the art of reading the red lines in the whites of the eyes to determine what body systems are being affected by stress, the causes of stress, and how the body is responding to those stresses. Sclerology can be used as an early warning system that can reveal symptoms before they manifest into chronic conditions.

C. **Dermataglyphics:** The study of the lines of the feet in conjunction with Sclerology helps validate the eye readings, thus offering an accurate view of stresses through out the entire system.

D. **Kineseology** as used in the complementary health field, is defined primarily as the use of muscle testing to identify imbalances in the body.

E. **Dowsing/Pendulum:** Used for a variety of purposes, dowsing has been used to find water, minerals, missing people and objects

### IV. Other Healing Modalities.

There are many books that list all these modalities. Vibrational Medicine is a good one that takes you through the history of energy work and was written by an MD. There is also a book, 'Energy Medicine' by Gary Schwartz, PhD. and a host of information on the internet for researching various modalities. You may want to explore these fields more deeply



**Our purpose is to practice Bio-Touch because it is uncomplicated and anyone can do it. We encourage people to look into whatever might help them in their own healing.**

Anyone can perform this technique regardless of belief or awareness. There are no special gifts necessary to be effective, no special forms of knowledge one need acquire, no secret formulas, no long hours of study and no high costs for initiation and training. It stands on its own record as an effective healing intervention.

**You will encounter various views and various modalities as a Bio-Touch practitioner. The following information may increase your understanding of these techniques.**

# COMPLEMENTARY, ALTERNATIVE & INTEGRATIVE HEALTH CARE

There are many terms used to describe approaches to health care that are outside the realm of conventional medicine as practiced in the United States. This fact sheet explains how the National Center for Complementary and Integrative Health, a component of the National Institutes of Health, defines some key terms. You can review their site at <https://nccih.nih.gov/health/integrative-health>

## **Are complementary and alternative medicine (CAM) different from each other?**

Yes, they are different.

Complementary medicine is used together with conventional medicine. An example of a complementary therapy is using aromatherapy to help lessen a patient's discomfort following surgery. Alternative medicine is used in place of conventional medicine. An example of an alternative therapy is using a special diet to treat cancer instead of undergoing surgery, radiation, or chemotherapy that has been recommended by a conventional doctor.

## **What is integrative medicine?**

There are many definitions of "integrative" health care, but all involve bringing conventional and complementary approaches together in a coordinated way. The use of integrative approaches to health and wellness has grown within care settings across the United States. Researchers are currently exploring the potential benefits of integrative health in a variety of situations, including pain management for military personnel and veterans, relief of symptoms in cancer patients and survivors, and programs to promote healthy behaviors

## **What are the major types of complementary health programs?**

### **Whole Medical Systems**

Whole medical systems are built upon complete systems of theory and practice. Often, these systems have evolved apart from and earlier than the conventional medical approach used in the United States. Examples of whole medical systems that have developed in Western cultures include homeopathic medicine and naturopathic medicine. Examples of systems that have developed in non-Western cultures include Traditional Chinese Medicine and Ayurveda.

### **Mind-Body Medicine**

Mind-body medicine uses a variety of techniques designed to enhance the mind's capacity to affect bodily function and symptoms. Some techniques that were considered CAM in the past have become mainstream (for example, patient support groups and cognitive-behavioral therapy). Other mind-body techniques are still considered CAM, including meditation, prayer, mental healing, and therapies that use creative outlets such as art, music, or dance.

### **Biologically Based Practices**

Biologically based therapies in CAM use substances found in nature, such as herbs, foods, and vitamins. Some examples include dietary supplements, herbal products, and the use of other so-called natural but as yet scientifically unproven therapies (for example, using shark cartilage to treat cancer).

**Manipulative and Body-Based Practices**

Manipulative and body-based practices in CAM are based on manipulation and/or movement of one or more parts of the body. Some examples include chiropractic or osteopathic manipulation and massage.

**Energy Medicine**

Energy therapies involve the use of energy fields. They are of two types:

Bio-field therapies are intended to affect energy fields that purportedly surround and penetrate the human body. The existence of such fields has not yet been scientifically proven. Some forms of energy therapy manipulate bio-fields by applying pressure and/or manipulating the body by placing the hands in, or through, these fields. Examples include qi gong, Reiki, and Therapeutic Touch. Bio-electro-magnetic-based therapies involve the unconventional use of electromagnetic fields, such as pulsed fields, magnetic fields, or alternating-current or direct-current fields.



PHEW!!!

THAT WAS AN INCREDIBLE AMOUNT OF INFORMATION.

Don't be overwhelmed! Remember that our purpose in having a background in other modalities in relation to practicing Bio-Touch.

★ **In what ways has your understanding of this subject increased?**  
**Student Response:**

★ **How might you discuss this subject with others?**  
**Student Response:**

★ **In what ways did it increase your awareness of additional approaches to wellness that others are using?**  
**Student Response:**

**YOU MAY CONTINUE ON TO THE CLASS REVIEW.  
FOLLOW IT UP WITH THE HANDS-ON PRACTICE.**

## CLASS #3

### REVIEW

1. Please comment on your opinion as to the effectiveness of this technique.
2. Do you have any thoughts on the “faith” philosophy aspect of Bio-Touch?
3. How do we address the emotional and or spiritual aspects of the Recipient?
4. What in your opinion distinguishes Bio-Touch from other healing modalities?



### REQUIRED HANDS-ON PRACTICE

**See Certification Program Hands-On Form you received in the first lesson. Focus on the points listed next to Group #2. Hiatal hernia, Parkinson’s disease and Knee and feet problems are considered. Write in the suggested points that can be touched to address these specific conditions and add any you believe would also be helpful. See pages 44-45 in the manual.**