



The Research



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▶ **Three Experiments**

- ▶ **Experiment 1** - Survey of Four Locations
(Hawaii, California, Arizona, and Amity)
- ▶ **Experiment 2** - Cardiovascular Correlates
(Arizona and California)
- ▶ **Experiment 3** - Role of Touch in Bio-Touch Healing
(Students, University of Arizona)



Experiment 1 – Survey of Four Locations

- Pre and post session ratings
 - 0 to 10 rating scale
- Ratings were of:
 - feeling cared for, relaxation, energy, stress, and pain
- Pain ratings were of:
 - primary, secondary, and tertiary pain

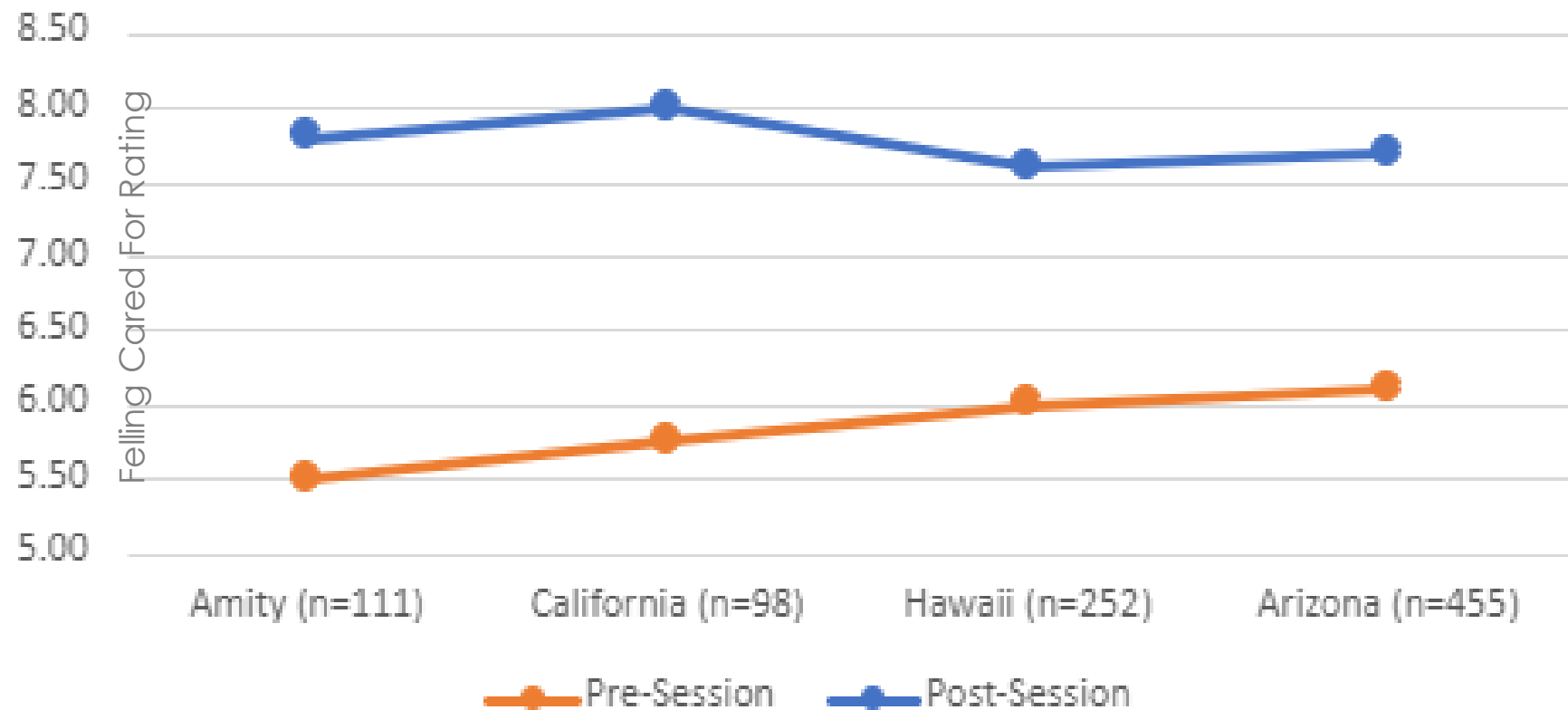
Experiment 1-
Increases in
Feeling Cared
For Replicated
Over Locations

Pre and Post
Session
Ratings

0 to 10
Rating Scale

F(3,918)=7.28;
p<.0001

Increase in Feeling Cared For Replicated Over Locations



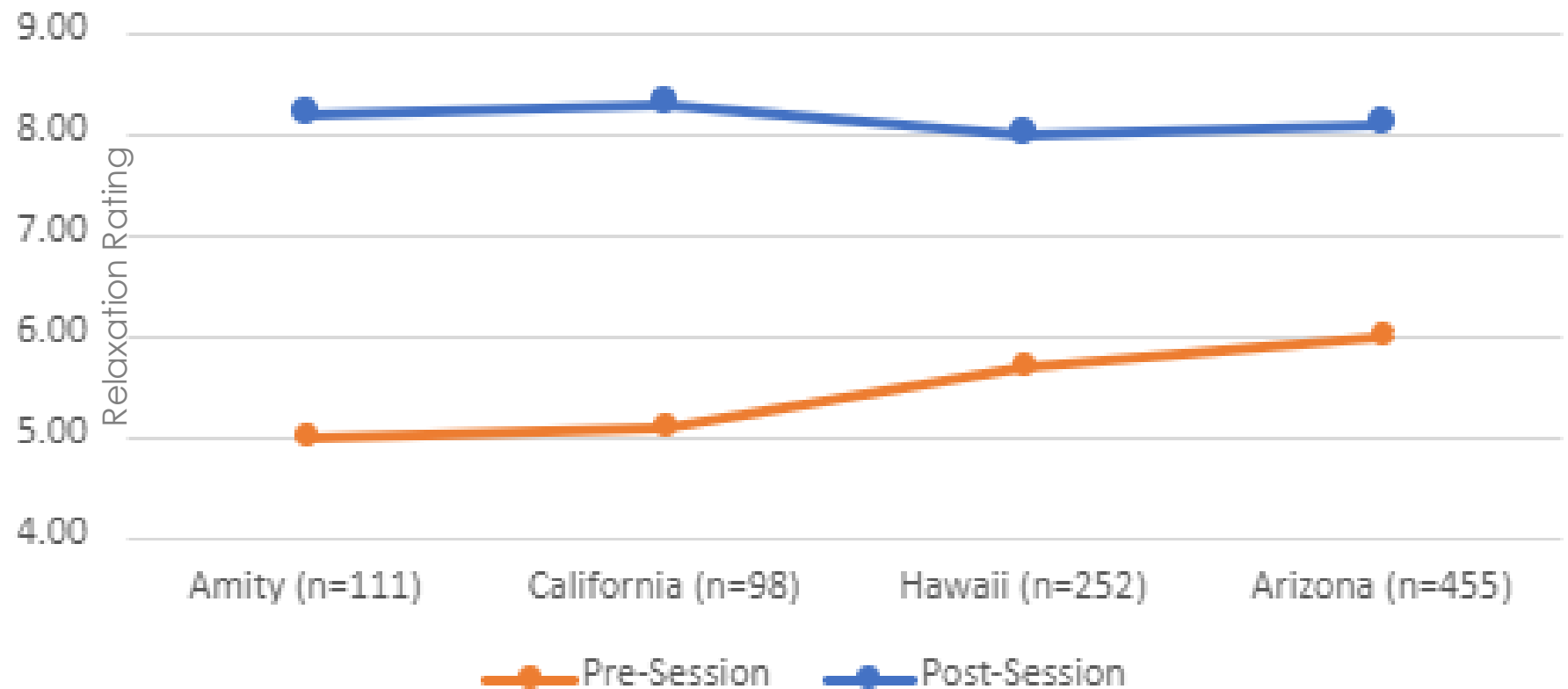
**Experiment 1 -
Increases
In Relaxation
Replicated
Over Locations**

Pre and Post
Session
Ratings

0 to 10
Rating Scale

**$F(3,918)=7.28;$
 $p<.0001$**

Ratings of Relaxation Replicated Over Locations



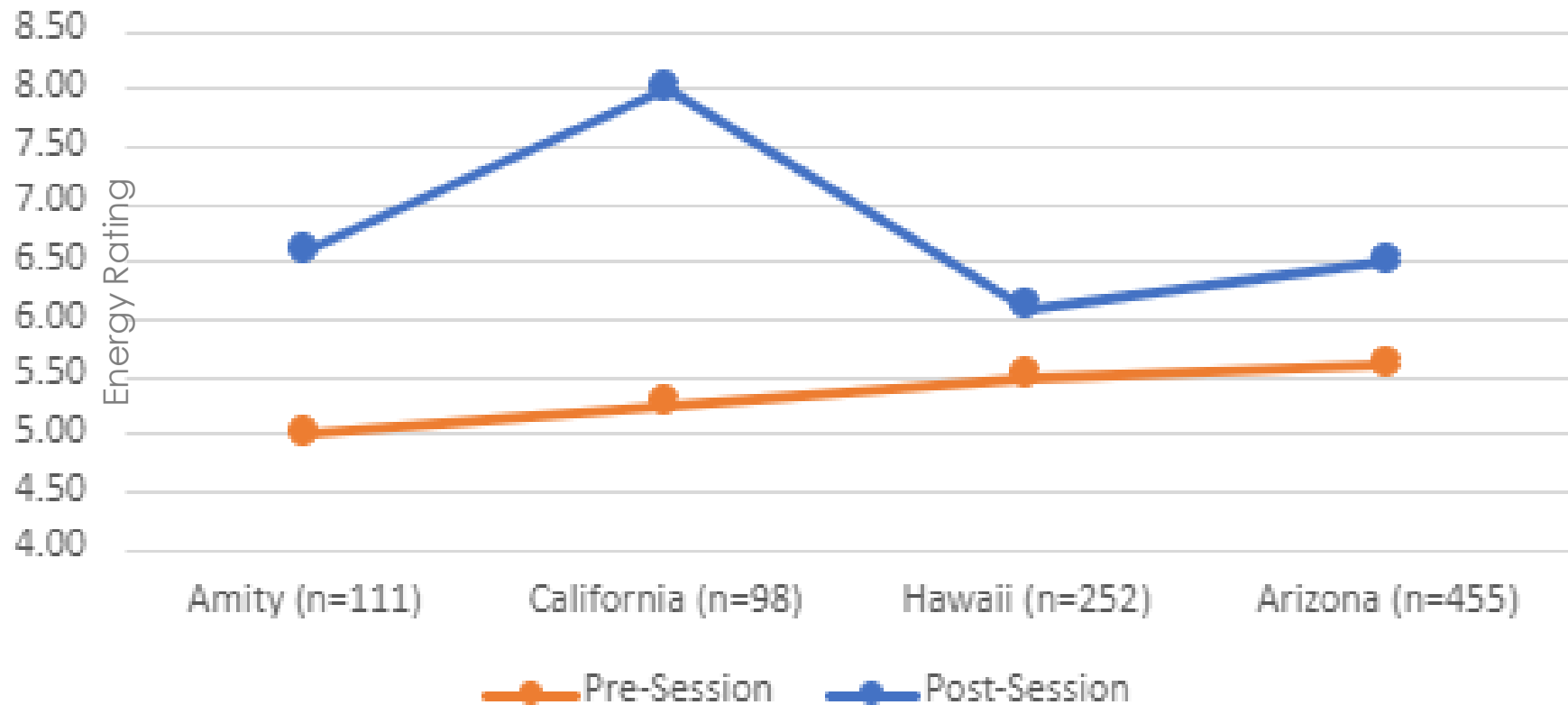
**Experiment 1 -
Increases in
Energy
replicated
over Locations**

Pre and Post
Session
Ratings

0 to 10
Rating Scale

**$F(3, 918)=7.28;$
 $p<.0001$**

Increases in Energy Replicated Over Locations



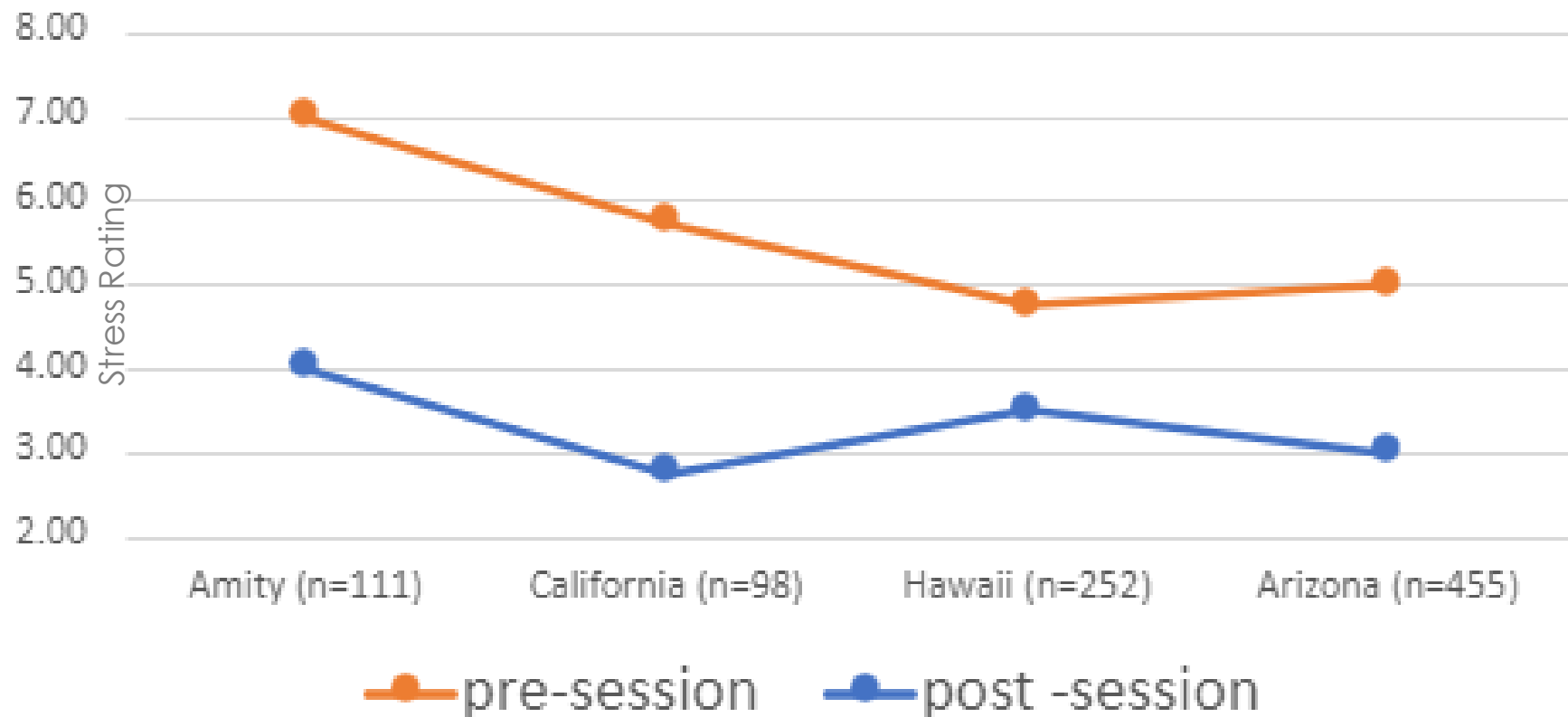
**Experiment 1-
Decreases in
Stress
Replicated
Over Locations**

Pre and Post
Session
Ratings

0 to 10
Rating Scale

**$F(3, 918)=7.28;$
 $p<.0001$**

Ratings of Stress, Pre and Post Bio-Touch



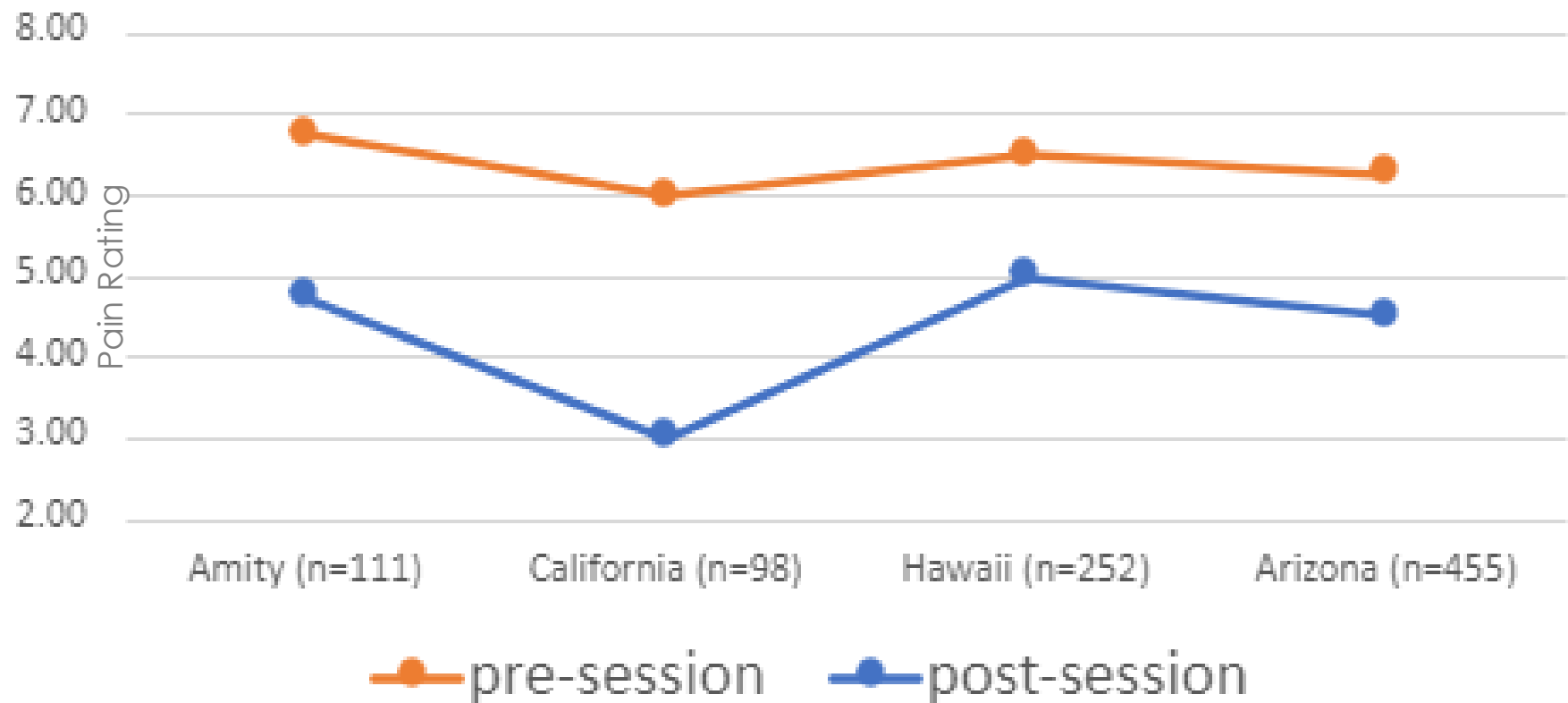
**Experiment 1 -
Decreases In
Primary Pain
Replicated
Over Locations**

Pre and Post
Session
Ratings

0 to 10
Rating Scale

**$F(3, 918)=7.28;$
 $p<.0001$**

Ratings of Primary Pain, Pre and Post Bio-Touch



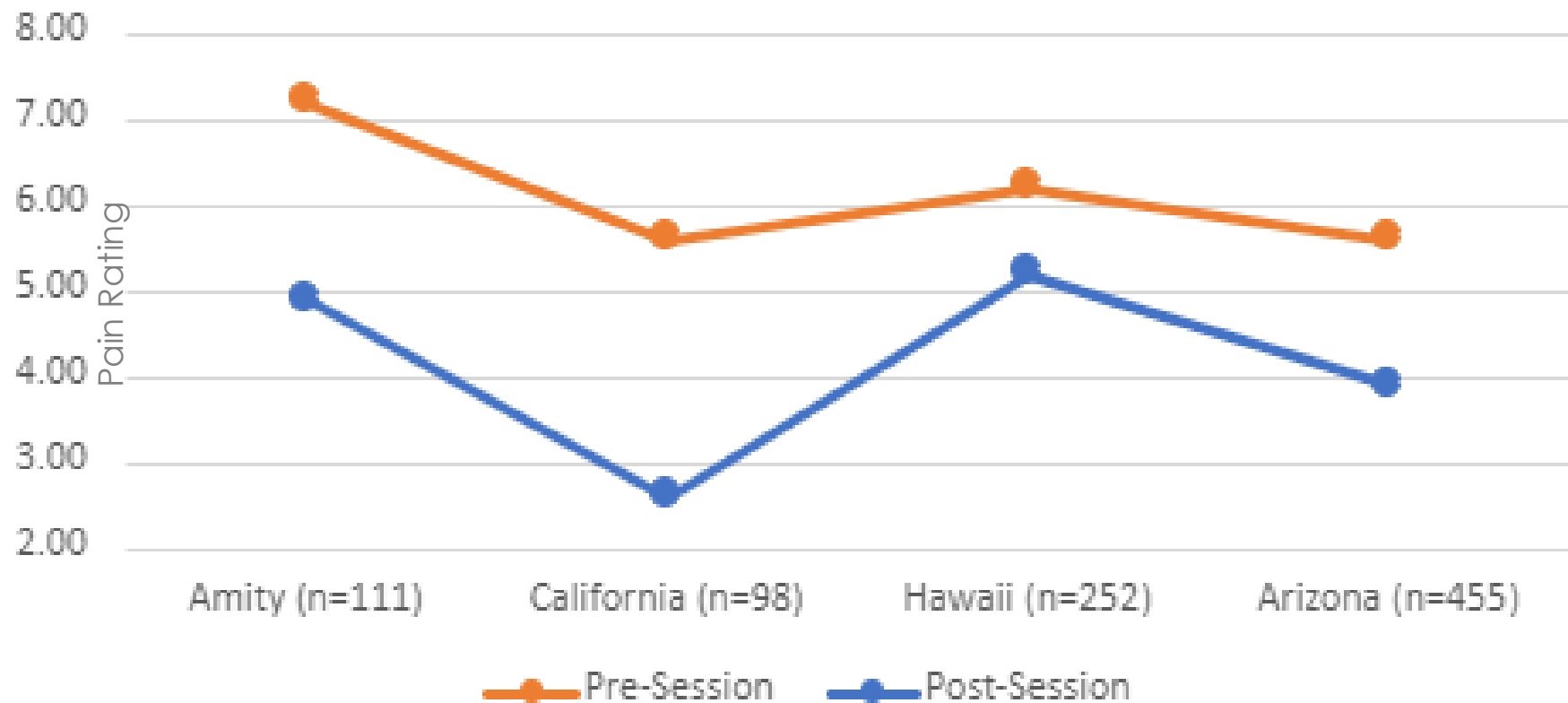
**Experiment 1 -
Decreases In
Secondary Pain
Replicated Over
Locations**

Pre and Post
Session
Ratings

0 to 10
Rating Scale

**$F(3,918)=7.28;$
 $p<.0001$**

Ratings of Secondary Pain, Pre and Post Bio-Touch

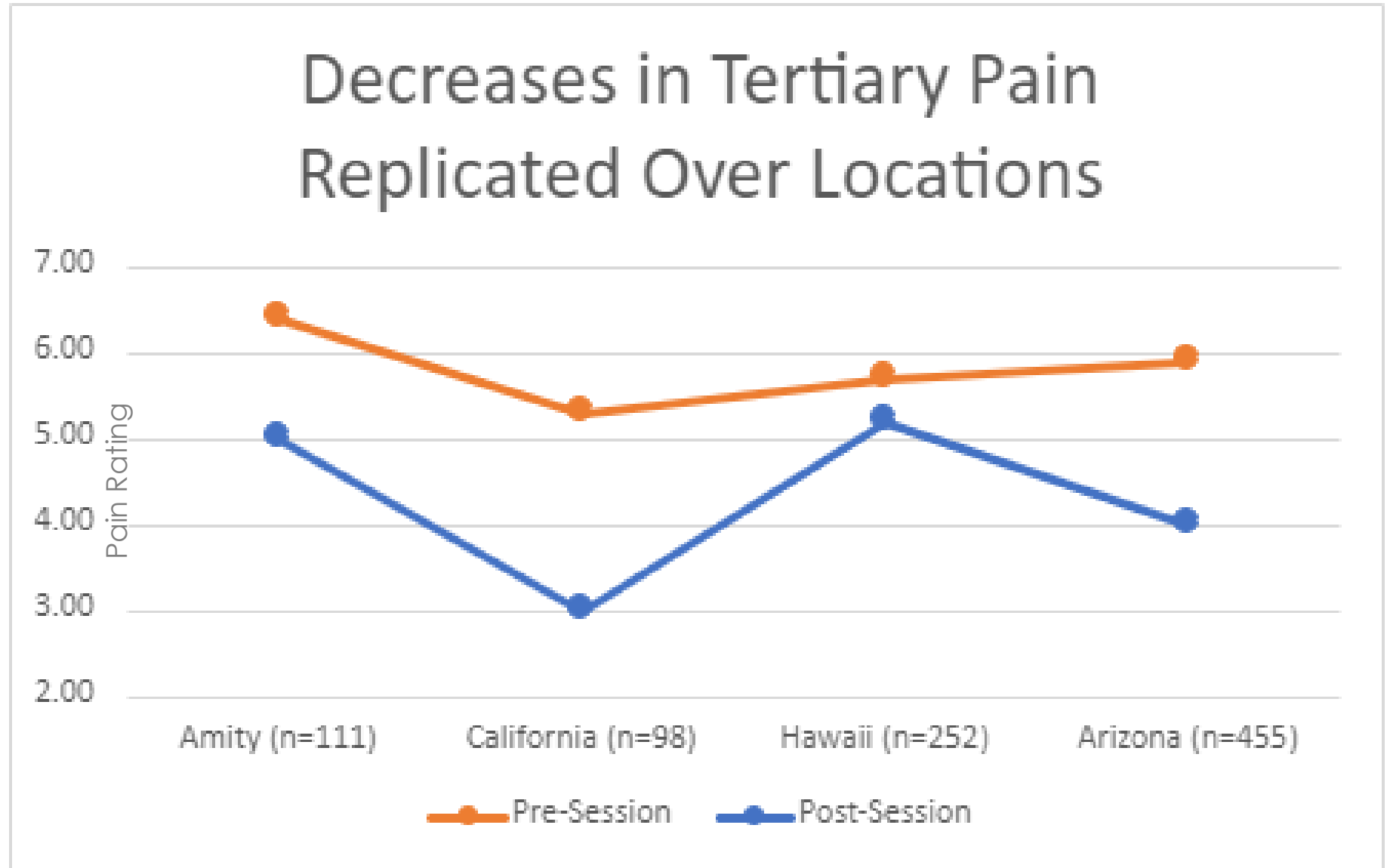


Experiment 1-
Decreases In
Tertiary Pain
Replicated Over
Locations

Pre and Post
Session
Ratings

0 to 10
Rating Scale

$F(3, 918)=7.28;$
 $p<.0001$





Experiment 1 - Survey Conclusions

- ▶ Following Bio-Touch Healing sessions, Recipients report:
 - **DECREASES IN RESTLESSNESS AND STRESS**
 - **INCREASES IN ENERGY AND RELAXATION**
 - **DECREASES IN INTENSITY OF PAIN**
- ▶ These effects are replicated (1) over four locations and (2) sex of the recipient.

Experiment 2 – Replication With Cardiovascular Measures

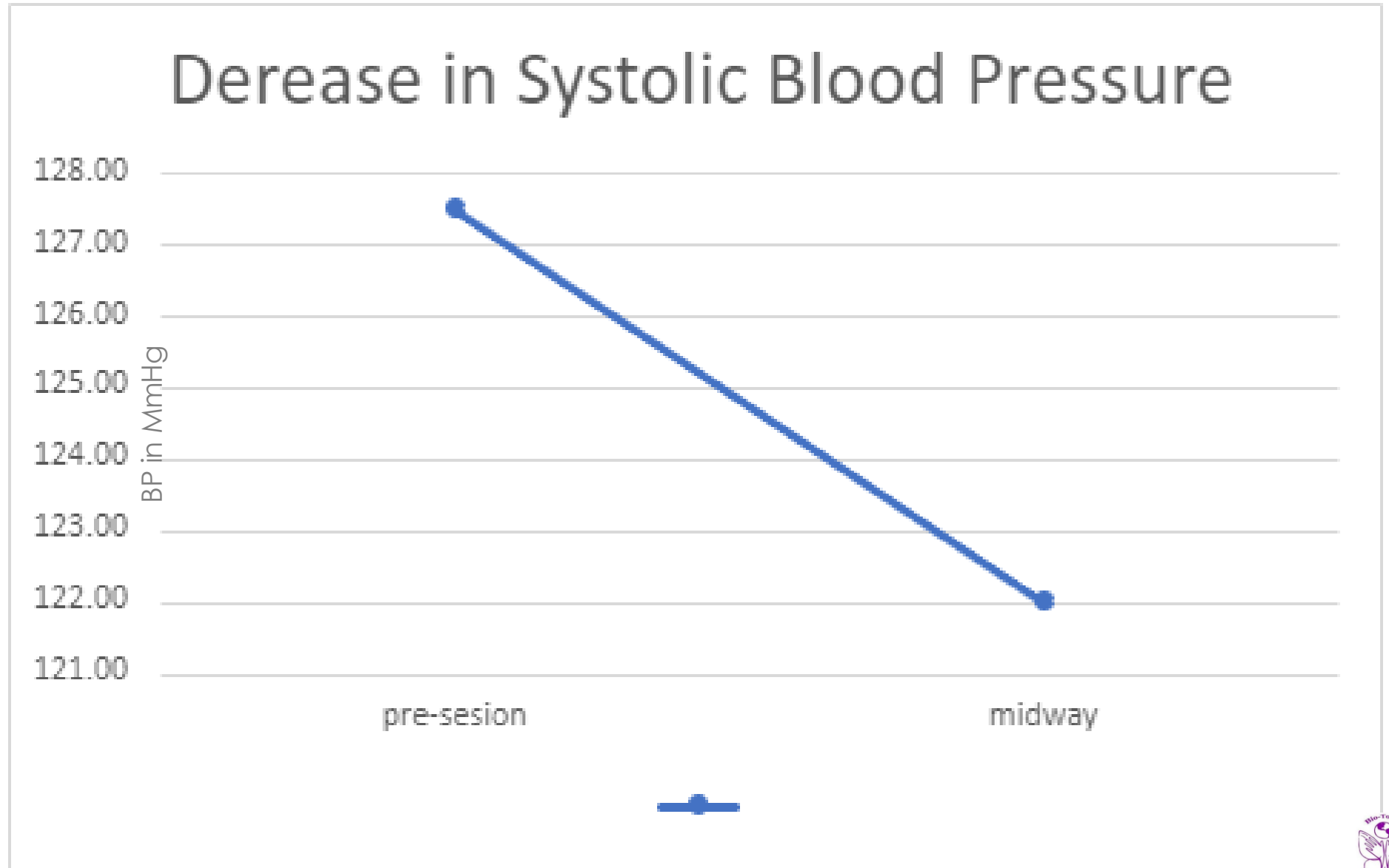


- Pre, midway, and post session ratings of stress.
- Pre and post session ratings of restlessness, feeling cared for, relaxation, and primary pain.
- 1 to 5 ratings scales
- **Blood pressure and heart rate recorded pre and midway through sessions.**
- Data from Arizona and California

Experiment 2-
Decreases in
Systolic
Pressure

Pre and Mid
Session
Readings

F(1,300=96.25;
p<.0000

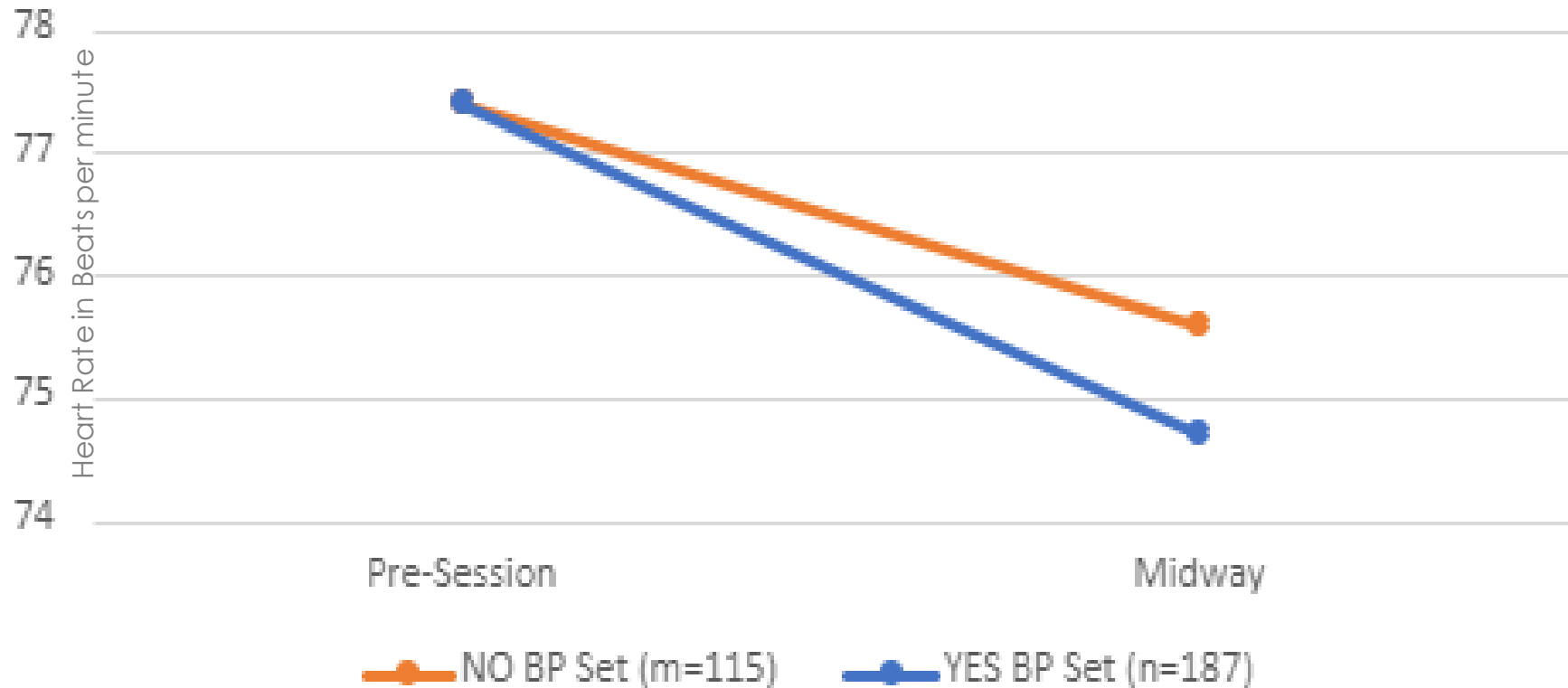


Experiment 2-
Decreases in
Heart Rate With
Heart Set

Pre and Mid
Session
Readings

$F(1,300)=1.99;$
 $p<.1598$

Decreases in Heart Rate with Heart Set





Experiment 2 - Cardiovascular Conclusions

- ▶ Subjective reports replicate and extend findings of Experiment 1 -
 - **RESTLESSNESS, STRESS AND PAIN DECREASE**
 - **FEELING CARED FOR AND RELAXATION INCREASE**
 - **DECREASES IN CARDIOVASCULAR RESPONSES OCCUR WITH BIO-TOUCH**
 - *These decreases may be increased with the Heart Set.*



Experiment 3 - Does Touching Matter

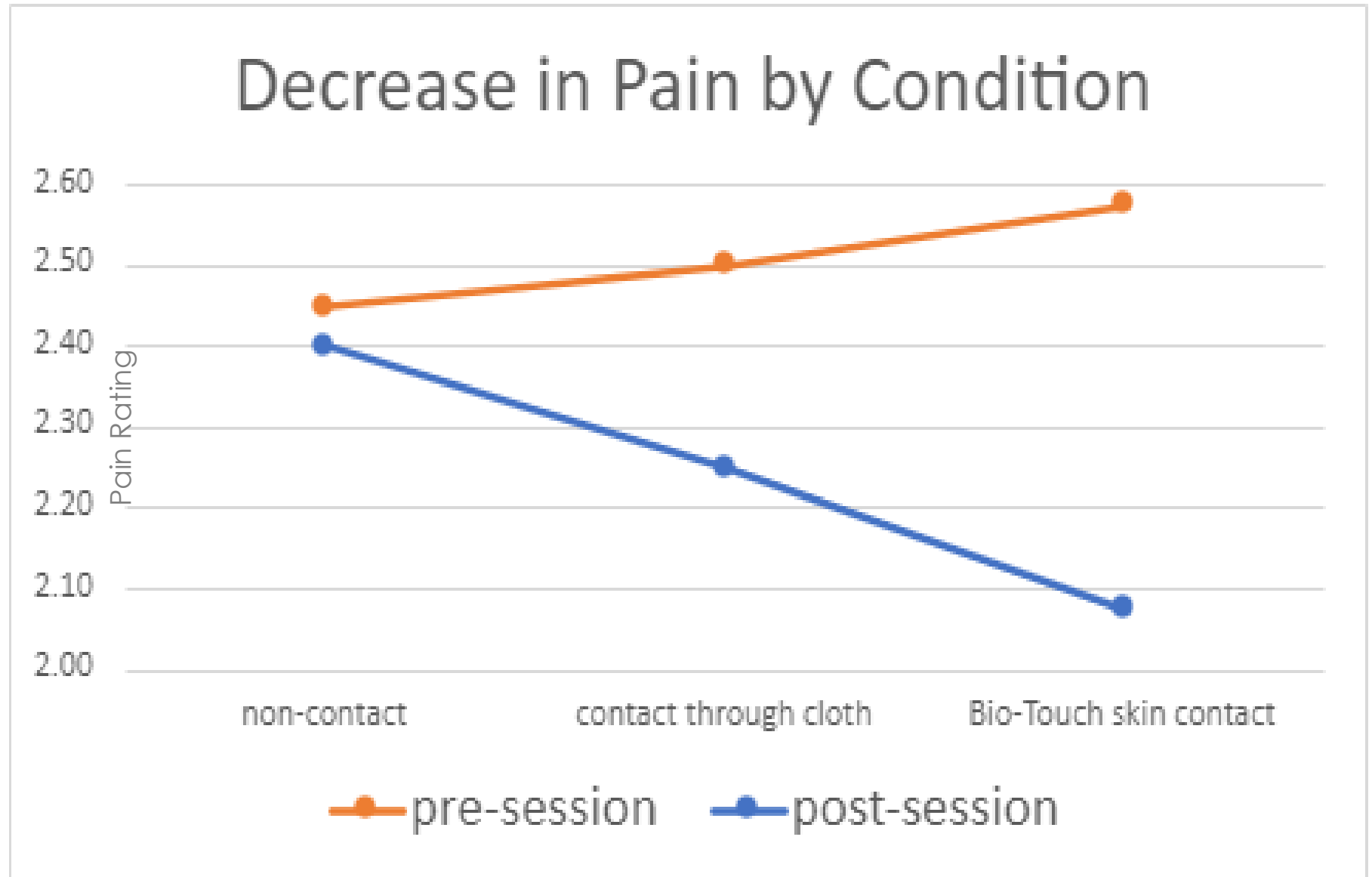
- ▶ University of Arizona students were exposed to Bio-Touch Healing for the first time.
- ▶ They were taught two sets of points.
- ▶ They made ratings using 1 - 5 Rating Scales pre and post for three conditions:
 - ▶ (1) normal Bio-Touch skin touching
 - ▶ (2) through cloth
 - ▶ (3) non-contact (energy)

**Experiment 3-
Decreases in pain by
condition.**

1-5 rating
scale

Pre and post
session ratings

**$F(2,240)=17.71;$
 $p<.0000$**

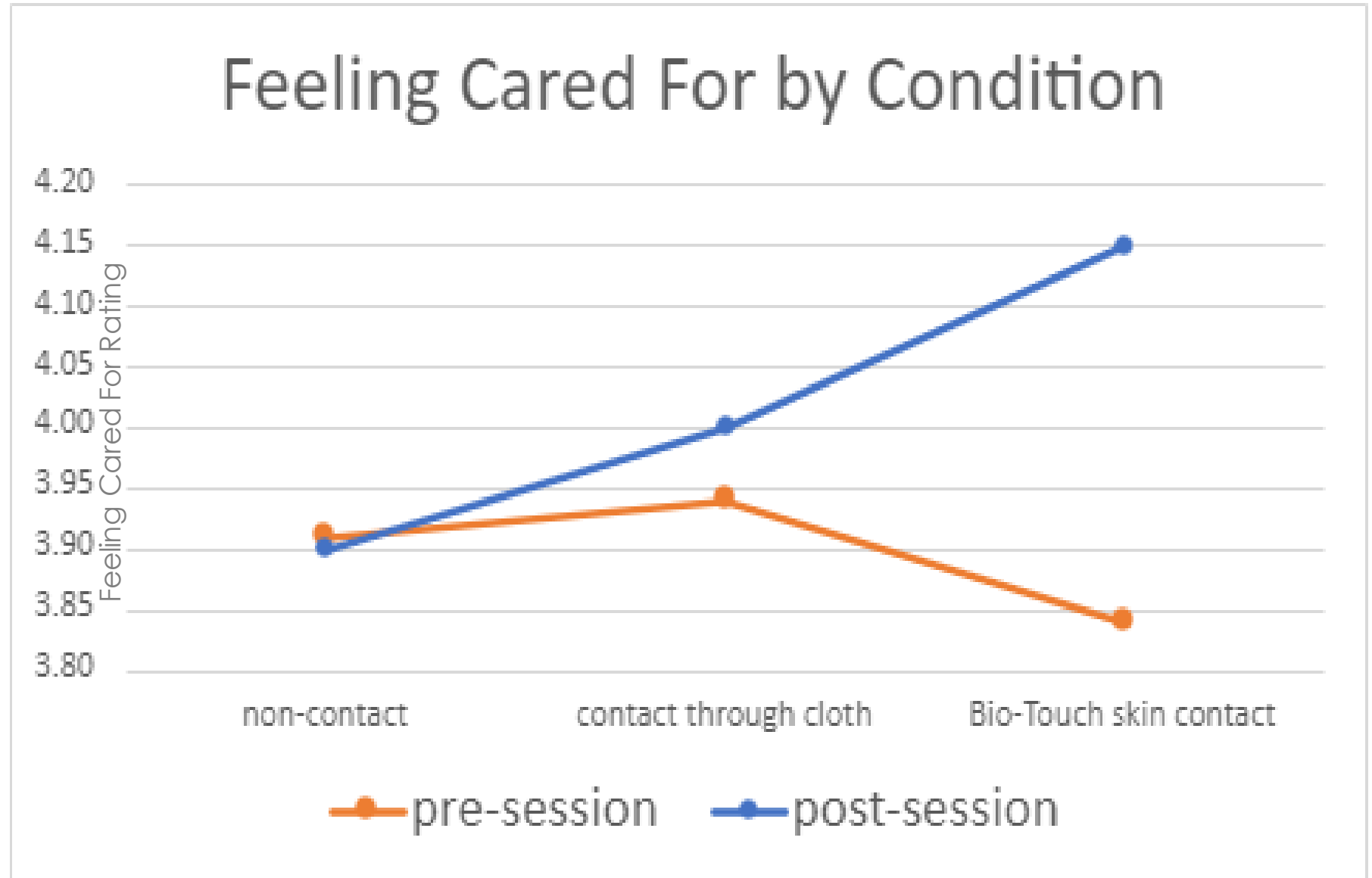


**Experiment 3-
Increases in
feeling cared
for by condition.**

1-5 rating scale

Pre and post
session ratings

**$F(2,240)=17.71$;
 $p<.0000$**





Experiment 3 - Conditions Conclusions

- ▶ Following Bio-ouch Healing, compared to cloth and non-contact control conditions, novice undergraduate students report:
 - **DECREASES IN PAIN, STRESS, AND RESTLESSNESS**
 - **INCREASES IN FEELING CARED FOR AND RELAXATION**
- ▶ ***STUDENTS OVERWHELMING PREFER DIRECT SKIN CONTACT.***