

THE FOUNDATION HAS ALSO PURSUED ADDITIONAL RESEARCH PROJECTS.

It was important for the Foundation to participate in numerous research projects in order to satisfy the need of many for documented “data” to prove that Bio-Touch is effective. Following is a synopsis of this journey in our research protocols. The important thing to remember is that none if this tells us “why” Bio-Touch works, only that there are significant “results”.

REVIEW [JustTouch.com/Research/](http://www.justtouch.com/Research/) FOR DETAILS ON THESE PROJECTS

Research started in 2000 with Dr Gary Schwartz, PhD, who was running the University of Arizona Human Energy Systems Laboratory. Bio-Touch was one of the first energy modalities that he studied.

The data was conclusive that there was significant reduction in pain & stress, with participants also feeling more relaxed and cared for.

A year later that project was replicated, which is an important part of research, and blood pressure measurements were added. Again, the data showed a drop in stress and pain with a significant drop in those folks who had high blood pressure.

SEE THE DATA <http://www.justtouch.com/univeristy-arizona-research>

In 2003 Dr. Kenna Stephenson with the University of Texas at Tyler, did a research project that entailed measuring hormone levels and having all the participants take a standardized quality of life questionnaire. That questionnaire measures 4 emotional and 4 physical domains.

SEE THE DATA <http://www.justtouch.com/research-results-winter-2003-university-of-texas-health-center-at-tyler/>

The data showed that everyone had improved in all 8 domains. It also found that nighttime cortisol levels went to normal and there was a rise in Interleukin 12 levels (known as a T cell stimulating factor that improves immune system responses).

Due to the results Dr. Stephenson was able to show that by adding Bio-Touch to our usual chronic stressful life and accelerated aging process, we could improve the quality of our life and increase the activity of genes that fight infection and cancer. All data showed that by adding Bio-Touch we could promote healthy aging. SEE THE STRESS CHART <http://www.justtouch.com/wp-content/uploads/2014/09/Stress-Cycle-Chart.pdf>

Finally, in 2012, Dr. Carole McKenzie who was the Director of Nursing at Northwestern Oklahoma State University incorporated Bio-Touch into the Nursing curriculum. Each semester all students would learn Bio-Touch and the seniors would end their studies with a research project. Again, this was a replication of the other protocols. Each semester the data showed a significant reduction in pain and stress, with participants feeling more relaxed. The data was so conclusive that the school of nursing presented the findings at an international nursing conference.