

Therapeutic Touch®: Activate Your Inner Healer

For Health Promotion and Self-Care



STRESS

- releases chemicals and hormones that help us to react appropriately in dangerous situations
- chronic stress creates a toxic environment and prevents recovery
- can create anxiety, irritability, sleep, and concentration problems
- can lead to mental and emotional instability

ANTIDOTE

- relaxation response - state of deep rest - reduces physical and emotional responses to stress
- self-help - taking responsibility for health direction = self-empowerment
- conscious choice enhances natural drive toward health and well-being

HEALTH OF THE FUTURE

- new understandings of health and wellness are critical to maintaining a healthy and productive society
- need to be proactive instead of reactive - taking responsibility for the direction of own health care needs
- Therapeutic Touch is a tool well-positioned to provide an effective, simple, and safe self-care method to promote health and wellness for all

EFFECTS OF THERAPEUTIC TOUCH

Research and clinical experience have shown its effectiveness in:

- promoting a relaxation response
- reducing anxiety & stress
- managing pain
- improving sleep
- fostering a sense of well-being
- creating a heightened sense of awareness of body functions, enabling the early recognition of changes
- encouraging the natural movement toward restoration and wholeness
- fostering skill in self-help and healthy lifestyle choices

APPLICATIONS

- for family members, relieving stress of daily living and fostering compassionate relationships
- family pets who often reflect the emotional environment of the home
- farm and zoo animals for pain management and comfort
- workplace for relief of job stress and refreshing vital energies
- for grief support
- children, who are the next generation, to improve the wellness quotient of the future
- in first aid to induce a rapid relaxation response, for pain management and reduction in anxiety

For more information contact the TTNO

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