

## **Bio-Touch™ is a Healing Touch Technique Used to Provide Relief for Allergies**

Allergies are an immune response—the body’s defense against substances that appear harmful (allergens), such as pollen, dust, dander and other airborne particles, foods, insect stings, and medications. Symptoms will vary by the type of allergy. For example, someone who inhaled an allergen might experience shortness of breath, coughing and/or wheezing, while an allergic reaction to an insect sting might result in difficulty breathing, a red, itchy rash, and/or swelling on or around the face and throat. Allergies can be managed (avoiding triggers) and treated (both traditional and complementary medicines).

No style of complementary medicine is considered a substitute for standard medical care. However, research shows that Bio-Touch, using a light-touch on points on the body that correspond with specific health conditions, significantly reduces stress and pain levels, and alleviates symptoms of disease, and therefore can be an effective adjunct to traditional medical protocols as part of an integrative approach to healthcare.

Bio-Touch is performed by person-to-person contact – a practitioner and a recipient – using one or more of 17 specific sets of points on the body. Everyone—even children—can learn Bio-Touch and practice it effectively the first time.

For allergies, the practitioner—who could be a family member or friend—would perform the allergy set and sinus set, and localized touching on areas of the body associated with symptoms.

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This material has been written and published for educational purposes to enhance one’s knowledge and well-being in regard to health issues. The information given herein is not intended for the diagnosis of any medical condition, and the techniques of Bio-Touch presented here are not intended to be a substitute for an individual’s prescribed medications or medical treatments or therapies. Consult with your primary care physician about incorporating Bio-Touch into any existing course of treatment. Always seek the advice of our doctor or other healthcare provider with any questions you may have regarding a medical condition that you may suffer from.

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