

## **Bio-Touch™ is a Healing Touch Technique Used to Provide Relief for Alzheimer's and Dementia**

Alzheimer's disease, the most common form of dementia, typically develops slowly and gradually worsens over the course of several years. As it progresses, it eventually affects most areas of the brain, including those involved in memory, thinking, judgment, language, problem solving, personality and movement. Although Alzheimer's is irreversible, symptoms may be treated with medication. In addition, research has shown that there are many factors that may help prevent Alzheimer's, including diet and lifestyle. The latter would encompass a wide range of activities—exercise, which would include aerobics and walking; intellectual activities, such as completing crossword puzzles or Sudoku, playing board games, or reading; and regular social interaction.

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 Alzheimer's and Dementia, the practitioner—who could be a family member or friend—would perform the head set and metabolism set (points on the neck, back, and chest) to help relieve symptoms of these diseases.

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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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