

Bio-Touch™ is a Healing Touch Technique Used to Provide Relief for Irritable Bowel Syndrome

Irritable bowel syndrome (IBS), a common disorder affecting children and adults, refers to changes in how the digestive system functions. These changes result in various symptoms—cramping, abdominal pain, bloating, gas, diarrhea, and constipation. Triggers, which vary from person to person, include foods, stress, hormones, and other illnesses. Healthcare providers often prescribe changes in diet and lifestyle as the initial treatment. Other treatments may include over-the-counter laxatives, antidiarrheal medications, antibiotics, and various complementary therapies.

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 irritable bowel syndrome, the practitioner—who could be a family member or friend—would lightly touch specific points related to the upper abdomen and stress sets to address digestive issues.

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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