

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

Migraine headaches, three times more common in women than in men, can range from an annoying pressure to severe throbbing pain, often on one side of the head. In addition to pressure or pain, people experiencing a migraine headache may be sensitive to light and sound, and become nauseated and vomit. Traditionally, doctors have prescribed medicines to prevent migraine attacks and help relieve symptoms, and many people find that relieving stress also helps.

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 migraine headaches, the practitioner—who could be a family member or friend—would lightly touch specific points around the neck (the “neck set”), and areas around the head and face.

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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.