

Bio-Touch™ is a Healing Touch Technique Used to Provide Relief for Asthma

Asthma is a chronic disease of the airways that carry oxygen to and out of the lungs. With asthma, these airways become inflamed, and the muscles around the airways can tighten, making it difficult for oxygen to move in and out of the lungs. Symptoms include coughing, wheezing, shortness of breath, and chest tightness. Traditionally, doctors have prescribed medications and other therapies. Many people also learn to avoid triggers that can cause asthma symptoms.

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 asthma, the practitioner—who could be a family member or friend—would lightly touch specific points around the lungs (the “lung set”) and those points related to the stress set.

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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