

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

Back pain, one of the most common reasons that people miss work or go to the doctors, can range from a dull, constant ache to a sudden, sharp pain. While most back pain goes away on its own in a relatively short period of time (a few days to a few weeks), chronic back pain may last for months, or possibly years. Symptoms of back pain include muscle ache, shooting or stabbing pain, pain that radiates down the leg, and limited range of motion. Most back pain can be treated without surgery, using over-the-counter pain relievers, anti-inflammatory medication, cold/hot compresses, bed rest, and/or exercise.

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 back pain, the practitioner—who could be a family member or friend—would lightly touch specific points on and around the back (the “back 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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