

Bio-Touch™ is a Healing Touch Technique Used to Provide Relief for Carpal Tunnel Syndrome

Carpal tunnel syndrome is a progressively painful hand and arm condition caused by a pinched nerve in the wrist. Symptoms, which usually start gradually, most often affect the hand, but can spread to the forearm and up to the shoulder. Symptoms include numbness or pain in the hand, forearm or wrist and tingling or a “pins and needles” sensation. Mild cases of carpal tunnel syndrome tend to get better with treatment. Treatments include physical therapy, anti-inflammatory medicines, and sometimes surgery.

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 carpal tunnel syndrome, the practitioner—who could be a family member or friend—would lightly touch the sets of points for the neck, shoulders and local areas around the wrists.

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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