

## **Bio-Touch™ is a Healing Touch Technique Used to Provide Relief for High Blood Pressure**

High blood pressure is a condition in which blood flows with a greater force (higher pressure) than is normal. This pressure can damage blood vessels, strain the heart, and result in other health risks, including stroke and heart failure. Symptoms may include chest pain, difficulty breathing, an irregular heartbeat, and vision problems. High blood pressure may be treated with lifestyle changes (e.g., losing weight, eating a healthy diet, and exercise), medication, and drug therapy.

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 high blood pressure, the practitioner—who could be a family member or friend—would perform the heart and upper back sets of points.

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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.

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