

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

Vertigo is a sensation that you, or the world around you, is moving or spinning even though there is no movement. In general, the causes relates to the inner ear—possibly inflammation due to illness, fluid build-up, or irritation caused by the displacement of crystals. There is a single symptom —dizziness, caused by this sense of movement, which is sometimes accompanied by nausea. Often, vertigo will simply go away. If it doesn't, treatments might include medication, physical therapy or repositioning movements.

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 vertigo, the practitioner—who could be a family member or friend—would lightly touch specific points related to the ears (the “ear 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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