

About Lorie Allen

Lorie Allen is a Certified Healing Touch Practitioner and Reiki Master. Holding a Master of Science degree in Education, Lorie has 21 years of academic counseling experience, has studied Tai Chi for eight years, and teaches classes in guided relaxation/meditation, Chakras, Reiki and energy healing. Lorie also completed training in Cranial-Sacral Therapy, Crystal healing, and Healing Touch for Animals© She can work with your dog, cat, horse or other animals in the privacy of their own home or pasture.

Appointments available at

Great Shapes for Women

*US Highway 51 South, Carbondale, IL
618-529-4404*

or call Lorie at 618-201-7957 if you have questions or would like to schedule an appointment for you or your family member in your home.

e-mail: Touchingpaws@aol.com



*Energy therapies
and meditations
to create
harmony and
health within and
around the body.*

Healing Touch



***Harmony ~ Energy ~ Balance
Help for the body,
mind, and spirit***

Tel: 618-201-7957

Email: touchingpaws@aol.com

Healing Touch

Body ~ Spirit ~ Mind

What is Healing Touch?

Healing Touch is an energy based therapy. It uses gentle touch to influence the human energy system, specifically the energy field that surrounds the body, and the energy centers that control the energy flow from the energy field to the physical body. These non-invasive techniques utilize the hands to clear, energize, and balance the body's energy field, thus affecting physical, emotional, mental, & spiritual health and healing.

HT techniques are non invasive and pleasant to receive. The hands may rest lightly on or near the body to gently balance the energy field. Most people become deeply relaxed during an HT session. You can receive an HT session on a massage table or sitting in a chair. Sessions usually last 40-60 minutes. Depending on the severity and history of the problem, multiple HT treatments may be required for optimum results. Sessions can be scheduled in the privacy of your own home. Your family members or friends can be taught techniques to use daily for chronic illnesses (like cancer or multiple sclerosis).

The objective of Healing Touch is to restore harmony and balance in the energy system, placing the client in a position to self heal. Healing Touch compliments conventional health care and is used in collaboration with all approaches to health and healing.

How Does Healing Occur?

All healing is self-healing in partnership with the health team. In Healing Touch the goal is to empower the client to activate the innate wisdom of the body to self regulate and heal all aspects of the self. We are all holistically united in body, emotion, mind, and spirit.

Who Can Benefit?

Because Healing Touch influences the whole person on all levels, it is appropriate to complement therapies for a variety of conditions, including:

- ◆ Adrenal Exhaustion
- ◆ Anxiety/Depression
- ◆ Arthritis
- ◆ Asthma/chronic sinusitis/bronchitis
- ◆ Cancer
- ◆ Fibromyalgia
- ◆ General health and well-being
- ◆ Grief Management/Spiritual Enhancement
- ◆ Increasing flexibility and range of motion
- ◆ Increasing relaxation in the body and mind
- ◆ Migraine Headaches
- ◆ Multiple Sclerosis
- ◆ Physical/Emotional Detoxification
- ◆ Relieving joint and back pain
- ◆ Rebuilding the immune system

Healing touch can boost the immune system & increase effectiveness of medications such as antibiotics and pain relievers.

During HT the body releases endorphins which create a deep state of relaxation. As the body relaxes, circulation increases, moving more oxygen, nutrients and hormones to the places that need them most, supporting the body's natural healing process.

The techniques used are designed to enhance the healing process and do not replace traditional medical healthcare, diagnosis or treatment for illness. Refer to a licensed medical practitioner for medical care.

Did you know?

According to *Prevention* magazine, "The May 27, 2004 issue of *Advance Data* reported that in a survey of 31,044 adults done in 2002, 62 percent reported using complementary or alternative medicine (CAM) in the previous 12 months. The top ten CAM therapies included prayers for one's own health, prayers from others for one's own health, natural products, deep breathing, group prayer for one's own health, meditation, chiropractic care, yoga, massage, and diet-based therapies.

Back and neck pain/problems, head and chest colds, joint pain and stiffness, anxiety, and depression were the conditions most often treated with CAM therapies."

Healing Touch has been recognized in the medical community since 1989 and is now used by over 75,000 health care practitioners world wide. NIH research supports healing touch to assist with cancer treatments, reducing side effects of chemotherapy and radiation, and to promote healing before and after surgery.

Hands-on touch modalities are used by more than 30,000 nurses in hospitals each year, and the procedures are documented as legitimate medical techniques.

Healing Touch is endorsed by the American Holistic Nurses Association and Healing Touch International:
www.healingtouchprogram.net