

Healing Touch

Is now being offered at UNMCs' Center for Healthy Living!

What Healing Touch Is and Is Not:

Healing Touch is a different, and often complementary, mode of facilitating the healing process, but functions from an energy perspective rather than only a physical one. The Healing Touch Practitioner re-aligns the energy flow, re-activating the mind/body/spirit connection to eliminate blockages to self-healing.

Healing Touch is not:

- a substitute for regular medical checkups from your doctor
- a substitute for medical care from your doctor
- a substitute for diagnosis from your doctor
- the same as massage therapy

The Goal: Is to restore harmony and balance in the energy system to help the person heal him/herself.

Benefits: Healing touch is noninvasive and may facilitate relaxation, reducing stress which may help in reducing pain and other stress-related conditions.

Did You Know?

That in 1995, 41% of the population of the United States used one or more types of complementary therapy.

That there are teams of medical doctors and nurses combining medical skills with hands-on and energy techniques in most major cities in the United States.

That documented studies have shown that with hands-on work:

- Surgical wounds and sutures heal faster
- Burns clear up significantly sooner
- Circulation and breathing improve post surgically
- Premature infants have enhanced growth rate

- Most people feel relaxed; some may feel more energetic after energy work

Appointment Information:

- Initial session includes a brief health history, a body energy assessment and energy treatment.
- As a recipient you will either lie on a comfortable table or sit upright in a chair fully clothed.
- A recipient may experience body sensations such as temperature change, see colors or shapes, feel deeply relaxed or fall asleep.

Fees:

- UNMC & The Nebraska Medical Center faculty, employees, family as well as The Nebraska Medical Center Health & Wellness Club members will receive a discounted price of \$25 per session. (Please present Health & Wellness Club membership card for verification)
- UNMC & Clarkson Students will receive a discounted price of \$20 per session. (Please present Health & Wellness Club membership card for verification)
- [Gift certificates](#) are available!

Any comments or suggestions regarding this web page can be emailed to rpruch@unmc.edu

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