

Brandon Massage

Brandon Massage - An alternate healing method that seeks to combine energy work with therapeutic massage so as to alleviate tenderness and other issues that worry the mind and the body is known as therapeutic touch. This procedure is where the hands are employed to tap into somebody's energy field or to actually touch them in order to assist its healing. Many individuals report advantages from undergoing some form of therapeutic touch healing session although it isn't acknowledged by traditional medicine.

The inclusion of medicines or any sort of herbal products is not included in contemporary types of therapeutic touch therapy. This includes several alternative healing steps and techniques that is based on connecting with the patient's energy field in order to establish what psychosomatic or bodily factor creating the discomfort. Once the origin of ache is discovered, the practitioner could utilize one of numerous remedies as a way to put right the situation and bring back physical, emotional and spiritual steadiness to the sufferer.

To use the palms to softly glide closely over the body without actually touching it is how therapeutic touch therapy begins. To permit the energy field of the patient to connect with the energy field of the practitioner is the overall concept behind this practice. Once the link has been established, the practitioner could follow the movement of energy to the chakras or the major meridians in the body so as to establish where the flow is jammed or inhibited. Every chakra or meridian is connected to some aspect of the body either physically, psychologically or mentally. Any type of obstruction would produce an unfavorable influence on some aspect of the patient's well being.

As soon as the obstruction has been determined, the subsequent phase of therapeutic touch therapy could begin. This will comprise employing touch massage methods so as to loosen up the individual and assist stimulate a proper energy movement. Occasionally utilizing a variant of acupressure might be included to clear blockages. It is not unusual for therapeutic touch practitioners to make use of gentle music or aromatherapy to complement the therapeutic massage and soothe the patient. However, typically during the therapeutic massage, the environment might be completely quiet.

Some therapeutic touch practitioners make use of another technique known as ``tapping`` through their treatment. Tapping utilizes the index and forefinger to calmly tap on specific points on the upper chest, hand and face with a purpose to facilitate a release from unfavourable physical or emotional factors that are inflicting problem or distress for the patient. When the tapping takes place, the sufferer either silently or audibly repeats a mantra which concentrates on the negative symptom or problem. This tapping sequence can be repeated multiple times if needed until a release occurs.

Similar to all types of alternative therapy, there are supporters and detractors for therapeutic touch therapy. Supporters point to the truth that therapeutic touch did release the patients from their pain and eventually provide ease when conventional medical care failed. Detractors focus on the lack of research and controlled experiments that confirm the value of the technique. They also are cautious that folks with life endangering diseases who are relying on the therapy may delay seeking conventional treatment and could reduce the potential for making a complete recovery.

Personal health is a personal preference and folks will eventually come to their own conclusions concerning which treatment to seek. Typically combining traditional Western methods with alternative therapies such as therapeutic touch provide greater benefit to the sufferer's total health and well-being.