

## Regina Massage

Regina Massage - An alternate healing technique that seeks to combine energy work with therapeutic massage in order to alleviate soreness and other troubles that worry the mind and the body system is called therapeutic touch. This procedure is where the hands are used to tap into someone's energy field or to actually touch them in order to assist its healing. Many individuals report advantages from undergoing some kind of therapeutic touch healing exercise although it's not acknowledged by traditional medicine.

The recent type of therapeutic touch therapy doesn't need the inclusion of any sorts of herbal products or medication. It draws on a variety of alternative therapeutic approaches and strategies which is based on connecting with the patient's energy field to be able to identify what physical or mental factor is causing worry. As soon as the origin of pain is discovered, the practitioner could utilize one of several therapies in order to right the condition and restore physical, emotional plus spiritual stability to the sufferer.

Therapeutic touch therapy usually starts by using the hands to softly glide carefully over the body without actually touching it. The theory behind this system is to allow the energy field of the patient to connect with the energy field of the doctor. As soon as the link has been formed, the specialist can follow the flow of energy to the chakras or the main meridians inside the body so as to determine where the flow is blocked or inhibited. Every chakra or meridian is connected to some side of the human system either physically, psychologically or mentally. Any type of blockage would produce an unfavorable influence on some part of the patient's well being.

When the obstruction has been determined, the next phase of therapeutic touch therapy can commence. This may comprise using touch massage strategies as a way to relax the individual and assist stimulate a correct energy circulation. At times using a variant of acupressure may be incorporated to clean up blockages. It isn't uncommon for therapeutic touch specialists to use soothing music or aromatherapy to complement the massage and calm the patient. However, sometimes in the course of the massage, the surroundings might be utterly quiet.

Some therapeutic touch specialists use one other method referred to as ``tapping`` through their treatment. Tapping utilizes the index and forefinger to lightly tap on specific areas on the upper chest, hand and face so as to facilitate a release from adverse physical or emotional elements that are causing difficulty or discomfort for the patient. As the tapping takes place, the client either mutely or clearly repeats a mantra which concentrates on the unfavourable symptom or problem. This tapping succession could be repeated multiple occasions if needed till a release happens.

Comparable to all types of alternative therapy, there are supporters and detractors for therapeutic touch therapy. Supporters point to the truth that therapeutic touch did relief the patients from their ache and eventually provide comfort when conventional medical care failed. Detractors focus on the lack of investigation and controlled experiments that confirm the worth of the technique. They also are cautious that people with life threatening illnesses who're relying on the remedy could delay looking for conventional therapy and can reduce the potentiality for making a total recovery.

Personal health is a personal choice and folks will ultimately come to their own conclusions regarding which therapy to seek. Typically mixing traditional Western strategies with alternative therapies like therapeutic touch offer greater benefit to the sufferer's total health and well-being.