

From Al Nicolls, Burlington, ON

I receive Therapeutic Touch frequently. I had no expectations of a cure (always open to that!). I keep going back, so clearly I'm getting a lot out of it. Therapeutic Touch helps me with:

- tension in neck, shoulders, legs, arms feet.*
- warms fingers*
- general relaxation and calming my mind.*
- reinforces positive attitude*
- soothes sinus headache and*
- whatever comes up from day to day.*

Occasionally I do TT on myself. Others who give sessions of Therapeutic Touch to me have noticed my energy field is extremely wide. My experience has been that there is a symbiotic relationship between TT practitioner and recipient; both experience the shared energy.

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From Kathy Wilmering, MSW, APRN, BC, Seattle, WA, who has had MS for 26 years.

Some of the symptoms that plagued me were vertigo, ataxia, an especially spastic left leg that spasmed, nystagmus and intense nerve pain in both my shoulders, arms, and hands, as well as left-sided weakness. I had carpal tunnel syndrome and chronic head and neck pain from using my canes.

Directly after the Therapeutic Touch session I would not feel any different, but when I'd lie down, I'd feel like a rag doll and would drift off into a deep sleep. When I woke, my balance would be better for a while and I'd feel more energy and less pain.

Therapeutic Touch applied consistently was helpful in decreasing pain, spasticity, and nystagmus, increasing energy, and decreasing anxiety.

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From Pamela Smith, OCSWSSW, CASC, Mississauga, ON.

I was diagnosed with MS in 1998 after my first MRI scan. Initially, it was "Remit Relapse", as the previous lesion indicated that I had already had the first attack, and the disease had gone dormant for 10 years. However, that diagnosis changed as I rapidly got worse and more attacks occurred.

After my first session I noticed an instant change in the way I felt. I even took a group of children for a walk after that treatment! No tripping, no falling and it didn't feel like my leg dragged at all. I continued to see the TT practitioner, Sue, as often as I could. By our third session I felt as though I didn't have MS anymore. My neurologist(s) thought I was a crazy woman for not trying a more accepted medical method, but I felt that Therapeutic Touch was working and continued for another dozen sessions. The medical model does its best, but I think our bodies can do better with the right tools. Therapeutic Touch was the right tool for me and my MS!

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