Touch the Pain Away

Dear Barbara,

Watch for me in the September fall issue of The Front Porch Wichita-available free at Dillons and local restaurants. I am very excited about increasing my visibility of my east practice location! I am so grateful to InnerWorks Holistic Health Center for the space to practice on the west side for 10 years! Please consider coming to watch "Genetic Roulette" August 16-see sidebar and quick link. I also encourage you to take advantage of the Therapeutic Touch special or package this month-note coupon at bottom of newsletter and sidebar.

Have you ever wanted to do a bike rally? Check out the quick link for the Annual Rans bike rally. It's doable even if you don't normally go longer distances. The recumbant bike I bought from Rans is high quality. I am looking forward to my personal meditation and yoga retreat at Shoshoni that weekend so I won't make it this year, but it was alot of fun last year!

More tips from the Nutrition & Health conference in May

1) Only 5-6 million agriculture acres are grown organically. This equates to 4% of market being organic; isn't it interesting that the food industry is trying to get the public to doubt the labeling of organic foods validity?
2) Did you know a study has shown a 78% reduction in chronic illness by simply decreasing meat consumption and increasing the intake of fruits and vegetables?

http://barbaradenison.com/

Touch the Pain Away

New Research on Therapeutic Touch and Persons with Fibromyalgia Syndrome

I can't believe this article is 10 years old, it summarizes my research thesis completed in 2002. The reference for this article is: Denison, B. (2004). Touch the Pain Away New Research on Therapeutic Touch and Persons with Fibromyalgia Syndrome. Holistic Nursing Practice, 18:3, May/June, 142-151. A significant amount of nursing research studies have been completed since Therapeutic Touch (TT) was developed. There is nursing research that supports its usefulness to help decrease pain, anxiety and promote wound healing and immune system function.

Therapeutic Touch decreases pain for a variety of reasons. Theories of how TT decreases pain include: 1) TT increases our...
feel good chemicals, the endorphins; thereby decreasing pain. 2) TT decreases pressure on nerve endings by reducing local swelling or edema; thereby decreasing pain. 3) Another way TT helps decrease pain is by interrupting the transmission of pain impulses. It is likely a combination of all these effects, so it can help both acute and chronic pain conditions.

About Holistic Nursing Consultants

By caring for the whole person—mind-body-spirit—through compassion and presence, holistic nursing strengthens the body's response to healing and care. Holistic Nursing practice draws on nursing knowledge, theories, expertise and intuition to guide nurses in becoming therapeutic partners with clients.

As the founder and owner I practice my holistic nursing, which includes a Clinical Nurse Specialty in Adult Health and Illness at Executive Park East, Lakeside Plaza. I became interested in a holistic approach to health when I learned the healing process of Therapeutic Touch (TT) in 1986. TT was a natural extension of my professional skills as a nurse. After more than 19 years of work in critical care, I pursued a certification in Holistic Nursing and am Board Certified as an Advanced Holistic Nurse (AHN-BC). I have completed a Master of Science in Nursing (MSN) and am licensed as an Advanced Practice Registered Nurse (APRN).

In Peace and Strength,
Barbara Denison
Holistic Nursing Consultants
practicing at Executive Park East-Lakeside Plaza
250 N. Rock Road, Suite 300 P
Wichita, KS 67206

Therapeutic Touch

Register before
September 6 & get $25 off weekend workshop fee - 12 contact hours

When: September 20 & 21, 2014 - Saturday & Sunday
Time: 10:00 am-4:00 pm
Where: 250 N. Rock Road Ste 300 conference room

Register here

CALL FOR DOOR CODE

Meditation Series
repeats each Saturday in October

Quick Links
Rans bike rally
Geneticroulettemovie
The Front Porch Wichita
Shoshoni Yoga Retreat
Yoga for You studio
Therapeutic Touch

Join Our Mailing List

Save $60.00
Therapeutic Touch package-6 TT sessions $240
A $60 savings- actual value $300
Sessions need to be used within 12 weeks from purchase

Offer Expires: August 31, 2014

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