

## Holistic Healing In Nursing

by Ilsa K. Jakobovits, R.N.

The first time I heard about "Touch For Health" was from another nurse, in November of 1985. I was taking care of a patient with a pulmonary problem. While he was being given an intravenous infusion he became very nauseated. I mentioned this to one of the nurses and she suggested we use his "stomach meridian" to decrease the nausea. The nurse explained that she'd learned this method from a course she'd taken called "Touch For Health". I watched, in fascination, as she traced an invisible line on the patient and voila! the nausea was gone. I was impressed and curious about this noninvasive method of helping the patients. I called the "Touch For Health" Foundation and obtained the name of a local instructor. Before long, I too had knowledge of these wonderful methods. I was anxious to try them out with my patients, but I was quite hesitant at first. After all, what would the patients think? What would my colleagues think, especially the doctors?

Seeing the results from using my "touch" with the patients, I began to use it more and more. My colleagues also became aware of the difference this "touch" was making. Slowly but surely, I began to release my own fears about using the techniques. When I began to accept its effects, so did my colleagues.

In this world of rapid technology, sophisticated medicines, therapies and treatments, it is easy to forget that the body has power to heal itself. Often as health professionals, we forget the importance of mind and spirit in the healing process. By using *Touch For Health*, and other methods detailed in this presentation, the body is allowed to call upon its own ability to heal itself. These methods will help the patient to heal faster by helping them to switch on their own healing power. At first, it may seem to require more of your time. With practice you will become more sure and adept at using this material. A little time and your special "touch" will make a tremendous difference with every patient you come in contact with.

You can use these methods on yourself and your patients. Used daily, they help you to stay healthy, prevent dis-ease, and heal faster, using the bodies own natural chemistries and healing power.

My advice to all of you is to try it, you can't do anything wrong. Trust yourself and your "Higher Power" as you reach out to someone with your special touch.

### How to Use These Methods

In preparing yourself, it is very necessary to:

- A. Have a clear mind and healthy body. You should not attempt any healing work if you are tired or ill.
- B. Intend to help someone. Energy follows intention.
- C. Be committed to using these techniques at every opportunity. The more you use them the more proficient you will become.
- D. Wash your hands. Hand washing is always important! Use cold water. Start at the elbow and proceed to the fingertips. Repeat the hand washing before and after each encounter with a patient. Touch the metal faucet to disperse of unwanted energy from your activity.
- E. Shake your hands frequently, (like you were shaking off something that was clinging to them).
- F. Be grounded. This is very important! Ground yourself frequently throughout the day. Grounding helps you to stay in balance. If you are unfamiliar with grounding see references for details. Otherwise, use any method you know that works for you.

Some examples for visualizing that you are grounded in healing are:

1. Imagine a golden cord that runs down your spine. Wind it around your hips. Now imagine the center of the earth. Hook the cord onto something a stable object (like a rock or tree).
2. Imagine a golden light that enters through the top of your head. This light winds around your body, like a spiral. It runs down your arms and out through your fingertips. This light protects your energy as you act as a channel for the Universal Power of healing. When you are using these procedures check your grounding frequently. If you feel dizzy while using these methods, ground yourself again or remove your hands from the client. Take some deep breaths and shake your hands. Send your golden cord back down to the center of the earth. Proceed if you feel you can continue.

Before using these procedures with a patient for the first time you should:

- A. Ask Permission: Ask the person or patient if she/he would be willing to try a pain relief method related to acupressure. Explain to them that you will be touching them very lightly on their body to help them relieve any pain or discomfort. You can tell them that sometimes it takes a few minutes for the body to readjust itself to encourage them to give it a chance to work.
- B. Assurance: Assure them they will still be able to get their pain medication if they feel it's needed.  
  
(In situations where a pain medication is contraindicated or not ordered, Touch For Health is a very effective alternative to offer.)
- C. Assessment: Ask the patient to define his level of pain by asking him to rate how he feels on a scale from one to ten.
- D. Evaluation: When you complete a procedure ask the patient again to rate his level of pain. (If the pain or discomfort is still above four, you can try another procedure, or wait for a while and recheck with the patient.)

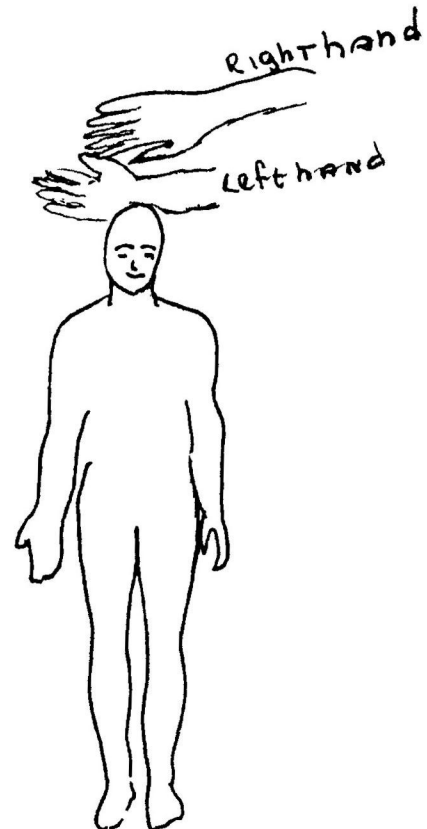
Always thank the patient for trying this as an alternative to chemical pain control.

Obvious relief of pain, stress or discomfort is not always demonstrated immediately by the patient. Results show that some change, however subtle, will occur. Sometimes they will feel more relaxed and sleep for a while. Once in a while they will say they don't feel anything. Even so they will remember your very special TLC.

### Using the Meridian Brush

(See page 17 in the TFH book.) This procedure will work through covers and even casts!

With the flat of your hand or pointing with your fingers, trace every meridian slowly. Do both sides of the body at the same time. Start with the stomach Meridian.



Beginning with the head, trace a line on both sides of the body, down to the toes, and back up to the clavicle. Begin again at the top of the trunk going down the inside of the arms, to the fingertips, up the hands to the outside of the arms. Next, trace down both sides of body, to the feet. Starting with the feet trace your way back up to the clavicles. From the upper chest go down the inside of the arms, to the fingertips, back up the outside of the arms to the cheek bones. Beginning with the head again go back down the front of the body to the toes. Starting with the feet come up the front of the legs to the chest. Trace down inside of both arms to the fingertips. Trace up the back of the hands, outside of both arms to the chest wall. Last, trace a line up the center of the front and back of the body.

If the patient is unable to turn over to trace any of the back meridians I trace it in my mind while I am tracing a corresponding area. The changes I have witnessed while using this procedure occur in about 90% of the cases. They include feelings of relaxation, relief of pain, improvement in skin color and relief of nausea.

### Deep Meridian Massage

Rub your hands together briskly. Place both hands about ten inches above the head, with the left hand under the right hand. (Placing the hands in this manner is very important for the transfer of energy.) Move your hands slowly down over the face and chest to the pubic bone (i.e. tracing the Central Meridian backwards) your right hand follows slightly behind the left hand. Finish by quickly tracing the Central Meridian from its starting point. Repeat the procedure, this time moving your hands from side to side across the chest and abdomen until you reach the lower abdominal area; now trace the Central Meridian very quickly in back up to the face. I have found this energy tracing reaches a deeper level.

### Neuro-Vascular Holding Points

(See page 24 in the TFH book.) Using the neuro-vasculars will increase the blood supply to the brain and encourage the nourishment of all the organs of the body.



Using the pads of your fingertips, lightly touch each point for ten seconds.

### Meridian Sweep

Same as Meridian Brush but using a sweeping motion at the ends of each Meridian.

### Emotional Stress Release (ESR)

Holding stress release points on the Stomach Meridian (Considered to be the stress meridian).

On Thumb

On Head



On Knees



These points are extremely helpful when our patients have difficulty going to sleep or they are nervous about being in the hospital or their disease condition. They would benefit from using these points prior to having an invasive procedure or surgery. Teach it to the family. Use it on yourself by connecting your thumb and ring finger and placing the pads of your index and middle finger on the points described.

This procedure can be used very effectively with Guided Imagery. For example:

1. Close your eyes. Relax by taking some slow, deep breaths. At the same time, very lightly touch your frontal eminences.
2. Think of a problem. While reviewing in your head the problem see it grow smaller and smaller, until it is the size of the head of a pin. Blow it out of the windows of your mind. Hook it to a cloud to be carried away, don't leave it in the room! It can be catching!

You can vary the use of imagery by having a person slip into a cartoon figure. Project that figure onto a screen on the wall of your mind. Have this cartoon figure go through the stress-causing problem, moving rapidly back and forth. Now shrink the figure and blow it out the window. Bring the figure back onto the screen coming in from the left side. Have him go through the problem very slowly while walking backwards. Have the figure take care of the problem in a very relaxed way. Then have the cartoon figure walk back into the body.

If you walk a patient through a procedure or a surgery with this method, they will be more confident and relaxed before and after the procedure. Have the patient add that "he has an excellent doctor with the necessary skills to take care of his problems, that his body has a tremendous power to help heal itself" or whatever is appropriate for the situation.

### **ESR Points with Sun-Energy Imagery**

Help the patient to relax. While you are holding his ESR points tell him to imagine a big sun about 2 feet above his head. Tell him it is his sun. Have him engrave his name in the sun. Then tell him to direct the bright, yellow rays of energy through the top of his head. Tell him to see it trickling into every cell of his body, giving them healing energy and warmth. Hold ESR points for 2 minutes or more.

When using this method it is a good idea to replace the pain, stress or negative energy you are focusing on, with something positive. This technique can be used any time

as often as needed. It can be utilized alone or with help from another individual.

### **Headache Points**

Ask the person where the headache is located in his head. Ask them if they know the cause of the headache. This allows them to focus on the source of the headache and begins the healing intention. Listed are several different methods for relieving headache pain.

1. For medication related headaches, use the accupressure point known as the Gallbladder point. It is located on both thighs just about where the middle finger would rest if the person was standing up. Rub for 7 seconds, release for 7 seconds, repeat 3 times.
2. Major toxin-release point: This point lies in the fleshy part of the hand, between the thumb and index finger. Hold with firm pressure for about 30 seconds.
3. Touch the neuro-vascular points located at the temple area of the skull on both sides of the head. Hold very lightly for about 10 - 30 seconds.
4. Hold your hands about 1" away and parallel to the head of the patient. Maintain that position for 20-30 seconds, or whatever time is necessary until the headache is relieved. If you and the patient are right handed hold your right hand on the right side of his head. If you are right handed but the patient is left handed, hold your right hand on his left side.

If you and the patient are left handed then your left hand goes to the left side of the head.

5. Hold the head placing your left hand on the forehead and your right hand on the back of the head, cradling the head lightly with the outside of the hand.
6. Rub the big toe (it represents the head in foot reflexology).



### **Using the Meridian Trace on the Arms**

Before starting an IV, it is a good idea to trace the Meridians on the arm you want to start the IV in. Focus especially on the meridian close to the vein you want to use. It will help to decrease the pain of the needle stick.

### **Meridians and Neuro-Lymphatics for Diabetics**

I tell people with Diabetes to use these techniques to help stimulate pancreatic and liver function. Rub the inside of the big toe and the side of the chest about two inches below the armpits. Then rub between the 7th and 8th rib on the front left side of the chest. Also rub the notches that form the protrusions of the clavicle bone. These are the end points of the spleen meridian and its neuro-lymphatic points, and the end points of the kidney meridian. They should do this several times a day. (I have no research results on using this).

### **Neuro-Lymphatics for Stomach Problems**

For stomach problems such as nausea, pain, or heart-burn, you can teach people to massage the beginning and the end of the stomach meridian (begins on both sides of the face at the cheekbone beneath the eyes and ends at the second toe on both feet).

### **Tibetan Energy**

For this you have to determine the correct direction through muscle testing. It is best to use a surrogate if the patient is unable to participate or you can act as the surrogate. Trace a figure eight (8) on the patient. Whatever direction causes the muscles to remain strong, you should then trace the figure 8 in that direction. Do this several times. Please refer to the Touch For Health book on page 122 for more details.

### **Therapeutic Touch**

Sometimes I just hold my hands about 1 to 2 inches above the painful area of the patient until I experience a sensation of pulling or heat or a general prickling or pulsation. After the sensation of heat, or prickling, or

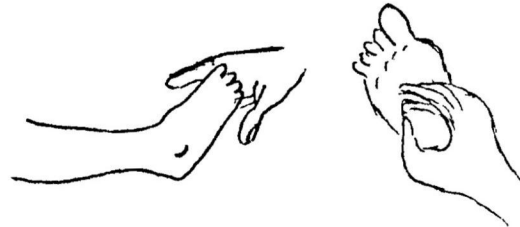
pulsation stops, I keep my hands there a little longer to send healing energy to that area.

### **Contact Stimulus**

A simple, yet very powerful, method to relieve pain.

Left Hand

Right Hand



Hold your left middle finger and thumb about 2" apart around the toes of one of the subjects feet. The thumb should be on the heel side for the length of time necessary (from 1 minute to 1 hour.) You are drawing pain or negative energy out with your left hand. Give positive energy back to the body by holding all fingers of the right hand together and touching the heel of the same foot for a few minutes. You can do this same procedure on the head of the person.

### **Magnetic Energy Modality**

In this procedure the left hand draws negative energy out and the right hand gives positive energy. For pain on the extremities hold hands parallel around the painful area until any specific sensation stops, like heat, prickling, pulsating, etc., then move your hands towards the feet or hands of the patient in a sweeping motion, then shake your hands (as described in step D, under self preparation).

Hold your right hand on the front and your left hand on the back at the same level, about 2" away, until the pain is gone. Always shake your hands and run cold water from your forearm down to your fingertips. Touch a metal faucet after you finish to disperse negative energy.

### **Important Exception**

NEVER use your right hand over the Heart Chakra (center of the chest) or the Solar Plexus (center of the abdomen)! Always use

your left hand there because stimulation in those areas could produce cardiac arhythmias.

In Touch For Health we do not treat an "upset stomach" or any other pain or symptom. What we are doing is helping the whole system to find its own balance. So the body will be able to take care of problems by itself.

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