PC Mike Internet column

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November 21, 1999

## **Natural therapies**

### Oakwood offers Healing Touch sessions to patients

BY KIMBERLY A. MORTSON STATE WRITER kmortson@oe.homecomm.net

In the midat of a hi-tech revolution in the health care industry,
some hospitals and independent
health care industry,
some hospitals and independent
health conters are getting back to
the basics by focusing on "welfness"
not "illness" based treatments.

When it is estimated that Americans are spending an average of \$20
billion a year on alternative health
care, hospitals are finding it necessary to make radical changes in the
current health care system. Changes
include training nurses and nurses
assistants in therapies such as Healing and Therapeutic Touch.
Healing Touch is an energy-based
therapeutic approach to promotting
and accelerating the natural healing
process of the human body through
a series of techniques the practitioners use, with their hands, to assess
and influence the sinherent energy
system within.

Oakwood Healthcare System now
offers Healing Touch sessions, as a

system within.

Oakwood Healthcaro System now offers Healing Touch sessions, as a complement to current medical treatments, on the third floor of Oakwood Hospital Annapolis Center in Wayne

Oakwood Hospital Annapolation Wayne.
According to Registered Nurse and Healing Touch Practitioner Barb Wolcer, Healing Touch is a certificate program developed by Colorado native Janet Mentgen, R.N., B.S.N.,

through the American Holistic Nurses Association more than 10 years

ago. Welcer provides Healing Touch Welcer provides Healing Touch treatments two days a week at the Oakwood hospital in addition to maintaining a private practice from an at-home studio. Certified by Healing Touch International Inc. of Colorado and endorsed by the American Holistic Nurses Association, Welcer has been practicing Healing Touch for the past six years.

years.

"Healing Touch is heart-centered work performed by someone who has a genuine interest in caring for people and helping them heal," said Welcer. "By using on and off the body movements and light touch, a practitioner assesses the energy field of the patient then smooths and balances the patients energy so that the body can do its own self-healing. It puts a patient in their best state of healing and almost always induces the relaxation response."

Welcer said it also works to increase the immune system and decrease pain. Patients are fully clothed during the session and can either lie down or sit from five minutes to more than 50 depending on the treatment and the state of their energy field.

Welcer notes that Healing Touch isn't a miracle remedy that results years.
"Healing Touch is heart-centered



vast improvementa" directly follow-ing sessions, but it has been attributed to increasing the healing process of wounds and fractures, alleviating anxiety and inducing the relaxation response by awakening the body's ability to heal itself.

How can it help?

The list of conditions in which Healing Touch can be used is long and varied, including pain manage-ment, hypertension, spiritual enhancement, migraines, side effects

Picase see REALING TOUCH, D5

## BodyWorks focuses on mind, body connection

By Kimberly A. Mortson Stary Writes

A growing practice in Plymouth's Old Village, founded on the concept of holistic healing, is meeting the needs of clients through neuromuscular therapy, cranio sacral therapy, Reiki, astrology, numerology and psychotherapy.

According to BodyWorks Healing Center owner, Pat Krajovic, the Plymouth business recently observed its first anniversary since the change in ownership from Heartlight.

"The services and retail products we offer support the natural healing process," soid Krajovic. There is an emphasia on caring for the body, mind and spirit through bodywork and not just traditional massage but the use of energy healing and spiritual interaction."

Krajovic, a certified massage therapist through the American Massage Therapy Association, took over the Plymouth business in 1998 from Heartlight owners who wanted someone who shared their vision and would be equally supportive to their loyal clientels.

"We continue to provide a safe and comfortable environment based on unconditional love without judgment," said Krajovic. "We have enhanced the tetail product line and now include intuitive counseling, crystals, psychotherapy, chakra balancing, and we've expanded the bodywork modalities."

Krajevic and her husband David, who professes to "dabble" in a little bit of everything at BodyWorks from Bach Flower remedies to maintaining the financial aspect of the business, both say they are witnessing a "renewal" in peoples interest in the body, mind and spirit. "This country is experiencing a spirituple have this sense of emptiness in their life and they're starting to turn to other sources for answers. They're asking themselves what's missing? They want to some how reconnect with the earth and be in control of their well being." Callebarative affort.

#### Collaborative effort

Collaborative effort

Krajovic says the BodyWorks Healing
Center can help them uncover what may
be troubling them whether it's physically,
emotionally or spiritually and provide
them with the tools and guidance to heal.

People are tired of taking pills to make
thomselves feel better," said Krajovic
who practices relaxation and therapeutic
massage, neuromuscular therapy, visceral massage, polarity, Nuat Thai massage,
baitstu, Jin Shin Do and other energy
healing modalities.

Her colleague, Rob West, a certified
massage therapist who previously taught
at the Ann Arbor Institute of Massage
Therapy, practices advanced structural
neuromuscular therapy, of which he is
certified in, as well as myofascial thera-

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