



Universal Health™



## Polarity Therapy

Addresses the physical, emotional, and spiritual well-being of an individual, and aims to remove energy blockages.

Polarity Therapy is a method of healing based on the concept that life-giving energy permeates every part of the human body. This force is thought to be governed by opposite "poles" of positive and negative electromagnetic energy - hence the therapy's name. When your energy becomes misdirected or blocked due to stress, trauma, or other factors, disease is believed to result. Peak health can be achieved when opposite poles are balanced and the flow of vital energy can proceed unimpeded.

## How Does It Work ?

Polarity Therapy combines various therapeutic techniques from Western and Eastern medicine. These include bodywork, nutritional counseling, yoga-type stretching postures, psychological counseling, and energy medicine concepts such as acupressure and chakra balancing, borrowed from ancient Chinese and Ayurvedic healing traditions. Four therapeutic techniques are related: bodywork, diet, exercise and self-awareness.

Touch affects the flow of energy because the hands, like the rest of the body, have an electromagnetic charge: The right hand carries a positive charge and the left a negative one. Depending on how your practitioner's hands are placed on your body, energy flow can be stimulated or slowed. Your practitioner will work on soft body tissues and energy points, using one or more of three degrees of touch: neutral (very light), positive (stimulating), and/or negative (deep).

### Nutritional counseling:

As diet is also important your practitioner will often suggest modifications of your nutritional regimen to support the energy balancing done during bodywork. While Polarity diet is typically vegetarian, with no meat, fish, poultry, or eggs allowed your specific plan will depend on the nature of your health problems. If you have a chronic condition you may be advised to begin with a detoxifying diet to remove any accumulated harmful substances from your body.

### Stretching postures:

Polarity Therapy also incorporates a series of yoga-type postures designed to release stagnant energy, improve energy flow, and restore balance. The exercises need only be done for a few minutes each day to be effective.

### Psychological counseling:

As mental and emotional stress are just as damaging to energy flow as structural problems and poor diet your practitioner will listen and offer support as you go through emotional issues at your own pace. The counseling is intended to release hidden emotional traumas that may be blocking energy flow, to establish positive attitudes, and to enhance self-esteem.

## The Treatment

Your first session will probably be almost completely devoted to taking a detailed history, with equal attention paid to your biography and your health concerns. Your practitioner will ask you about any previous medical problems in addition to learning about your diet and exercise habits, your home and work life, and your general mental and emotional health. After a visual examination for any structural imbalances, your practitioner will perform a gentle hands-on evaluation of the energy flow in your body. Osteopathic or chiropractic manipulation may be performed in this or the next session. The hands-on evaluation and bodywork will be done on a massage table for which you should wear comfortable clothing (preferably made of light cotton). However, Polarity bodywork is not massage and no lotions or oils are used. The work involves primarily light touching. Only rarely is deep touching required. The purpose of polarity bodywork is to release any energy blockages and to complete the energy circuits. Therefore, no two sessions will be completely alike, since the work will depend on your current needs.

Integrative Medicine combines the best available in Health Care in order to obtain optimum results by maximizing the body's natural healing mechanisms.

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## The Benefits

Many people use Polarity therapy as a preventive strategy, believing that blockages in energy flow can occur before actual medical conditions begin to surface. Polarity Therapy will relieve various forms of chronic pain, assist in relaxation and self-awareness, and promote an overall sense of wellbeing

## Do You Suffer From ?

Back pain, Chronic headaches, Chronic fatigue, Digestive complaints, Fibromyalgia, Osteoarthritic pain, Respiratory problems, Stress-related illnesses.

## Results You Can Expect

After your first session you may feel a lightness and sense of well-being. You will feel more in charge of your health as you begin to practice the individual recommendations your practitioner has made to improve your health. Polarity Therapy is a holistic health technique that addresses the physical, emotional, and spiritual well-being of an individual. It is intended for use as an ongoing therapy, and it is strongly suggested that you continue with all cleansing dietary prescriptions and yoga-like exercises that your practitioner has specified for your particular situation. The result will be improved self-awareness and a more vibrant attitude in your work and social life.

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