

Benefits of Healing Touch, Reflexology and Raindrop Massage Therapy

The complementary care modalities of healing touch, reflexology and raindrop massage therapy are each unique techniques that strive to move the body toward health, harmony and wholeness. Even with their individual techniques they have some common uses and goals:

- *Relief of pain
- *Increased relaxation
- *Reduction of anxiety and stress
- *Enhancement of spiritual development
- *Aid in preparation for and follow up after medical treatments and procedures.
- *Physical healing, emotional balance and mental clarity.



Mary Riecke, Pharm., CHTP, CR
C/o Mind Body Connection
3290 Mallard Cove Lane
Fort Wayne, IN 46804



Helping to heal your body, emotions,
mind and spirit

Healing Touch

Reflexology

*Raindrop
Massage Therapy*

*Taking Care of Me
Workshops and
Presentations*

Camp Jenee

Mary C. Riecke
Pharmacist
Certified Healing Touch Practitioner
Certified Reflexologist
Raindrop Massage Therapist
at
Healing Concepts
C/o The Mind Body Connection
3290 Mallard Cove Lane
Fort Wayne, IN 46804
260-417-1533
maryriecke@verizon.net



Healing Touch

Healing Touch is an energy based therapeutic intervention built on the philosophy of caring for the whole person: body, emotions, mind, and spirit. The goal in Healing Touch is to restore harmony and balance in the body's energy system to assist an individual to self heal.

Healing Touch is non-invasive, economical and effective. Healing Touch complements traditional approaches to health and healing. It is not a substitute for them.

Healing Touch uses touch to influence the body's energy fields and energy system. The practitioner strives to empower the client, restore harmony and balance in the energy system to help the person self heal.

The Healing Touch program was developed by the late Janet Mentgen, RN, BSN who practiced energy based care in Denver, Co 1980 until her death in 2005. The Healing Touch certification program was developed in 1990 and is now offered all over the world. The certification program has 5 levels for completion with more than 100 classroom hours. The program takes a least 2 years of study, practice and mentorship experience. Certification requires intense study and a lifetime of discovery and inner work.

For more information contact:
Healing Touch International, INC
12477 W. Cedar Dr. Suite #202
Lakewood, CO 80228
(303) 989-7982

Or on the internet: www.healingtouch.net

Reflexology

Reflexology deals with the principle that there are reflex areas in the feet and hands that correspond to all of the glands, organs and parts of the body. Stimulating these reflexes using the thumb and fingers can help many health problems in a natural way.

Reflexology improves nerve and blood supply, activates the relaxation response and helps nature to normalize. These effects in turn help the body enter into a state where healing can best occur.

Certification in reflexology includes over 200 hours of classroom instruction, 100 documented practice sessions, and 30 hours of instructional reading followed by written and practical examinations.

Raindrop Technique

Raindrop therapy massage combines aroma technique with the techniques of Vita Flex, reflexology, massage, and energy work in the application of essential oils, which are applied on various areas of the body to bring structural and electrical alignment.

Raindrop therapy massage is designed to bring balance to the body with its relaxing, mild application. It will also help to align and clear the energy centers of the body without using force or excessive pressure. When you combine the electrical frequency and the intelligence of the body and the oils, a greater healing process begins.

Training in Raindrop massage therapy requires practice in the techniques, knowledge of the human energy system, and an understanding of the oils and their application.

Taking Care of Me...

"Taking care of Me..." workshops and presentations offer the opportunity for participants to open to constructive ways of dealing with life's challenges and invite the participants to see the gift in those challenges. Events use lecture, experiential exercises, music, nature, art, meditation, and journal writing to explore ways to access and share the healing energy of compassion.

Workshops and presentations have been offered locally, statewide, and on a national basis. Contact Mary for additional information or to schedule.

Camp Jenee

Camp Jenee is an adult cancer survivors retreat held twice a year in May and September. The entire weekend is aimed at teaching techniques of self nurturing, stress reduction, and coping techniques.

Taking Care of Me... and Camp Jenee events are co facilitated with Don Armstrong. Don is a certified healing touch practitioner, retired farmer and coach. Don teaches balance, the unity of love and that there is always another way to see.

Mary Riecke Pharmacist, CHTP, CR

Mary Riecke is a Pharmacist, Certified Healing Touch Practitioner, Certified Reflexologist and raindrop massage therapist. Mary's presentations focus on self-knowledge, self-discovery, self-appreciation, and the awareness of the power of love. Mary sees challenges as opportunities. She encourages one to live life fully, treasure each moment, appreciate beauty and share love.