

Reiki can be effective pain reliever

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She said after a reiki treatment some clients tell her they feel as if they have been on a vacation.

She uses the analogy of a person having a low heel on one foot and a high heel on the other.

"I feel them coming into balance when they are on the table."

"I didn't even know these things existed before I started training in them four years ago," she said. Since then she has had a lot of success treating her clients.

She said when she is giving a treatment, if a person has had

recent surgery, she can feel a prickly sensation when her hands pass over that area.

"It's almost like their body sends a message out," she said. She added that's where she would concentrate her efforts.

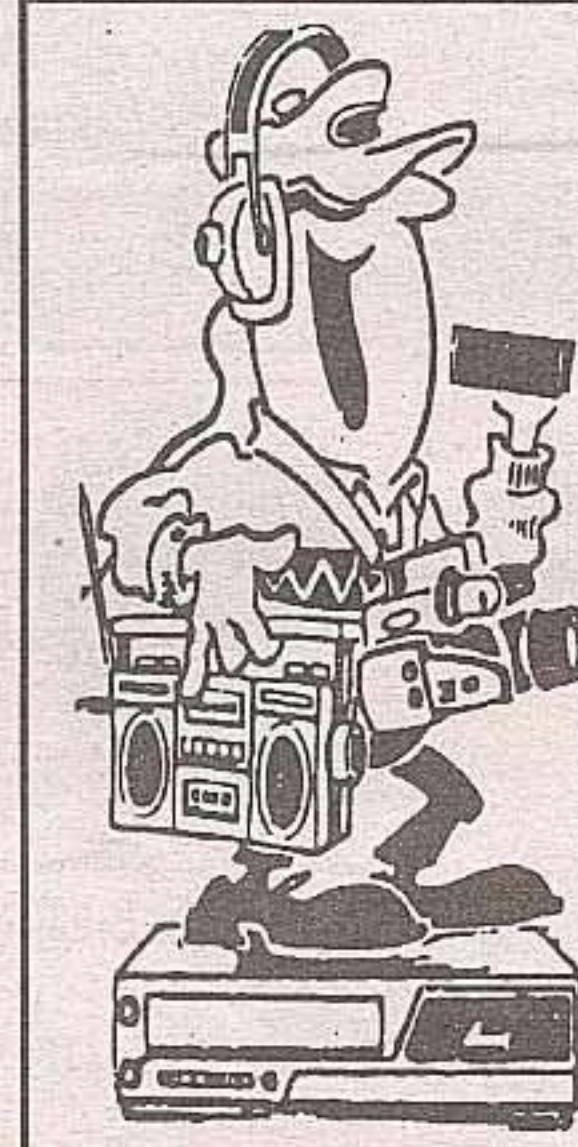
Unlike reiki with therapeutic touch, which Caldwell-Grozier said is accepted in Ontario hospitals, the practitioner doesn't put her hands on the client. Instead she said she moves her hands over the energy field that is above the body and the client feels instantly relaxed— usually within three to

four minutes.

She said it is a very effective therapy for relieving pain.

Other services she provides include guided imagery which allows clients to escape life stressors using visualization techniques, reflexology which is a foot massage therapy that is to improve circulation and remove toxins from the body and ear coning which Caldwell-Grozier said is a natural way of eliminating ear wax and relieving ear and sinus irritants.

For more information contact Caldwell-Grozier at 873-9331.



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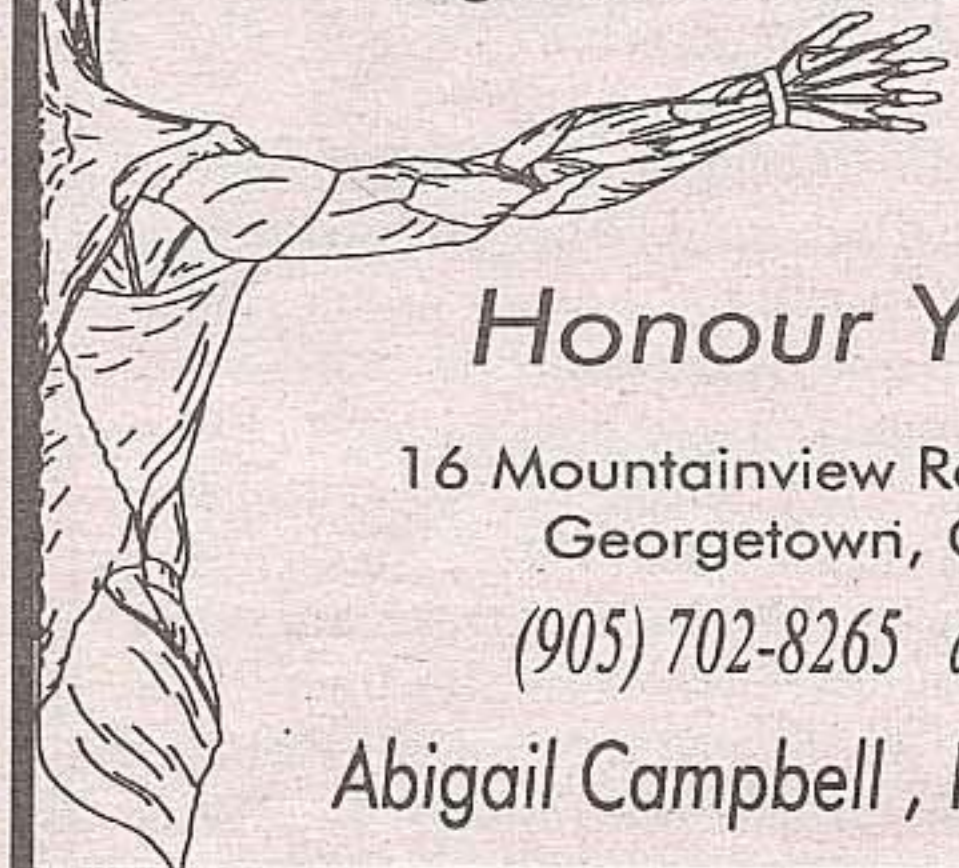
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