

# The ABC's of Managing Symptoms

By Andrew M. Colarik, Ph.D.

**(Special Report)** - Do you want to have more energy? Do you want to feel better and have a healthier sleep? Do you have aches and pains and want to do something about them? Well there's something you can do today that requires no pills, no gadgets and no surgery.

It's a new massage system called Vital Touch Therapy, and has been designed so everyday people can help themselves and their loved ones manage many of the symptoms we live with in today's hectic world.

Did you know that according to a 2005 ABC News/USA Today/Stanford University Medical Center poll nearly 4 in 10 adults **suffer from pain on a regular basis**? Here are some more notable parts of the poll:

- Those polled said pain interferes with their ability to work, sleep and enjoy life, as well as affected their relationships with others.
- The location of pain was reported to be in the back (25%), the knees (12%), from headaches or migraines (9%), the shoulders (7%) and in the legs (7%). These areas accounted for 60% of all pain reported by location.
- Of the 60% of people who have taken prescription drugs for pain, only 51% reported they worked very well.
- Of those surveyed who tried massage therapy to relieve their pain, 82% reported positive results.

Massage has been used for healing for nearly 5,000 years. The necessity of human touch is undeniable, and we are healthier and happier when this occurs on a regular basis. Massage can help the body behave more efficiently by relaxing tense or abused muscles, but when done properly can also stimulate the energy centers of the body and improve the flow of energy throughout the body.



These energy centers are known as meridians, and are at the heart of acupressure massage systems such as marma (Ayurveda) from India, Chinese acupressure (acupuncture), Jin Shin from Japan, and G-Jo from America.

The main problem with these systems is that there are hundreds of "acupoints" to learn and memorize such that ordinary people must take specialized, expensive classes and seminars to be truly useful. The Vital Touch Therapy system clusters these critical points into 26 locations and

stimulates them through simple, step-by-step massage. This system was specifically designed to make it easy to learn and use quickly. Vital Touch Therapy seeks to remove energy obstructions, relieve tension, and harmonize the energy centers of the body in order to increase vitality, and help relieve symptoms such as aches and pains.

This system is now available in a new book entitled *Vital Touch Therapy From A to Z* at the special introductory price of \$12.95 plus \$3.98 shipping and handling (total of \$16.93) by simply returning the enclosed "No Risk Request Form" with your payment.

You can charge to your Visa/MasterCard by mail. Be sure to include your card number, expiration date and signature.

If you act now, *Vital Touch Therapy From A to Z* is yours to enjoy on a no-risk trial basis for 90 days. That's right, if you aren't 100% satisfied with this system, simply return it for a full refund, no questions asked.

Want to save even more? Do a favor for a relative or close friend and order two books for only \$20 post-paid!

Act now as supplies are limited. Orders are fulfilled on a first come, first served basis.

**The practice of acupressure massage is founded in the body's meridians or energy centers. By stimulating "acupoints" through touch and massage, the goal is to balance the generation or flow of energy throughout the body.**

