

## Your Polarity Session

### About Polarity Therapy

**Health** is experienced when energy flows smoothly without significant blockage or fixation. **Life energy** is in constant pulsation from positive to negative poles creating fields and energetic lines of force within and around the body. When energy is unbalanced, blocked or fixed due to stress or other factors, pain and disease arise. From the subtle to the dense levels, each element - Ether, Air, Fire, Water, and Earth - may become out of balance resulting in specific body/mind effects. **Polarity Therapy**, developed by Randolph Stone, D.C., D.O., is a system of gentle hands on energy balancing supported by exercises, diet, and awareness to find the blockages and release energy to normal flow patterns, and to maintain the Energy Field in an open, flexible condition.

### Indications

Polarity Therapy is especially helpful to people with chronic conditions that have not responded to conventional treatments.

- Chronic neck, shoulder, back pain
- Fibromyalgia
- Headaches and sinus problems
- Chronic fatigue syndrome
- Anxiety Disorders and Panic Attacks
- Frail elderly who "have no energy"
- General complaints of "not feeling well" for a long time (though no medical diagnosis can be made)
- Health oriented persons who want to remain healthy
- People with chronic colds, flu, and other indications of immune system depression
- People with chronic gas, constipation, bloating
- Sometimes helpful in arthritis pain relief
- Any condition in which stress appears a relevant factor

<b>Contra- indications</b>	<ul style="list-style-type: none"><li>• Acute conditions requiring medical attention</li><li>• Acute inflammations or infections</li><li>• Conditions which prohibit patient from lying supine</li><li>• Not to be used as a <u>substitute</u> for medical care</li></ul>
<b>During a Session</b>	<p>During a polarity session, you remain fully clothed and lay on a comfortable surface. The practitioner will touch and press and find! tender points on your body, particularly the head, neck, shoulders, back, feet and hands. Gentle pressure is applied to each tender spot and its corresponding reflex area until the tension releases and the tissues relax. By gentle hand contacts, the practitioner releases energy flows in specific areas, similar to unblocking a water pipe filled with leaves. Once the flow is restored, the body's own healing properties become more effective. The results of releasing tension in this comprehensive way are feelings of <b>profound relaxation</b> and <b>well being</b> at the conclusion of treatment. These feelings have been known to <b>last for weeks or months</b> even after just one session.</p> <p>You may also be given a gentle polarity exercise home program. Exercises often include self-massage and gentle positioning to relieve stress and tension. On occasion, nutrition is discussed and a diet is recommended.</p>
<b>Side Effects</b>	<p>Because Polarity Therapy is non-invasive, few side effects occur. The most common are a feeling of increased circulation and energy flow and a resulting need to eliminate. No vigorous manipulation of body tissue is involved, though there may be some soreness when muscle tension that has been held for a long time is released. Occasionally there is a "cleansing response" in which long held symptoms become worse for 24-48 hours before resolving.</p>