

FREE HEALTH GUIDE

5 Keys to a Pain-Free Health Practice

by Susanna Terry

*Heal More People and
Attract More Happy Clients*



About Susanna Terry



Susanna Terry is a holistic health practitioner and a homeopath. She is also a certified professional coach and holistic therapies trainer. She has been teaching health practitioners and wellness professionals Light Touch Therapies for over 20 years, training more than 200 therapists. Light Touch

Therapies include Spinal Touch Therapy, which as it realigns the body to gravity works in harmony with the vibrational frequency of our planet.



Susanna Terry and graduates of Light Touch Training Show London

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Spinal Touch Therapy is multi-faceted as it heals physical and emotional pain and invigorates the person's subtle energy field. Physical and emotional challenges are gently released to allow for more ease and a sense of well-being. Her light touch graduates practice in the UK, USA, Australia, Europe and the Caribbean.

Testimonials: *Health professionals shared their experience of the Light Touch Therapy Training, [click here to watch the video testimonials](#)*

5 Keys to a Pain-Free Health Practice

How to Heal More People and Attract More Clients

by Susanna Terry

Whether we are holistic health practitioners, or wellness and fitness coaches, we often face the challenge of helping people in pain. It may be either physical or emotional pain, although quite often the two come together. In any event, it is the priority to heal our clients and realign them both physically and energetically to some major planetary changes which have been underway for some years now.

As therapists and light-workers we contribute to this energetic shift. We are intuitively aware, of the energetic changes that are taking place. While we are dealing with those changes in our own lives we are at the same time adjusting our healing methods to harmoniously adapt to the situation.

It is for this reason, that after discussing the 'Five keys to a Pain-free Health Practice', I will introduce a therapy which realigns the whole person physically and energetically - a treatment which I have been practising and teaching for over twenty years. There are five main keys which enable us to transform the health and emotional state of our clients for the better. Some of them are already known and used by most holistic therapists.

The first key to a pain-free holistic practice is to offer a healing approach which is tuned to the person's individual constitutional make-up. That is, a therapy which addresses the physical as well the emotional and needs of the person.

Second, the therapeutic approach should be non-invasive and non-coercive. At the same time it should readily transform the overall state and condition of the individual from one of stress and disease to one of ease.

Third, having a holistic therapy system which can reliably deliver consistent therapeutic outcomes. A system which is in tune with a natural law such as that represented by the gravitational force of the planet.

Fourth, having the confidence and belief that we can bring the positive transformation that our patients seek. This in itself will have a healing effect on the general well-being of our clients.

The fifth and most important key is that we learn how to fine-tune our healing abilities to fit the present energetic shifts. This can be achieved in various ways which I teach in my courses.

With these five key elements in place we will be better able to enhance the health of more people and to effortlessly attract more happy clients to our health practice.

The Emotional and Physical Impact of Stress

At this point I would like to discuss the impact of prolonged stress on our organism, and how it ties up with disease. Stress can easily be seen when people experience it as emotional pain. The posture of the person may change so much that an observer would say: "I saw a friend of mine

the other day and he looked so depressed that you would have thought that he was carrying the world on his shoulders!” While posture is obviously affected by physical trauma, it is also affected by emotional and mental stress.

Postural Misalignment and Physical Stress



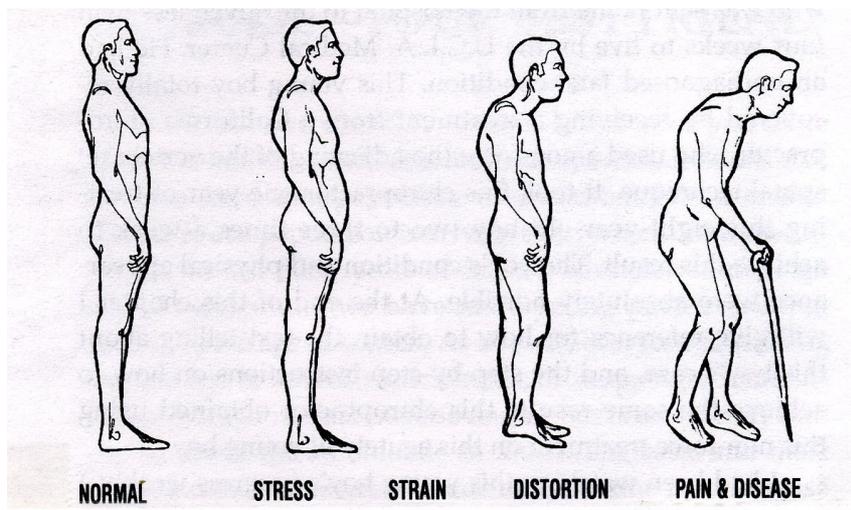
Distorted Posture Correct Posture

Posture is of great importance to our well-being and is often the first indication of stress. Very few people have ideal posture and in consequence many have either physical problems or may experience varying degrees of pain and discomfort.

Falls and accidents during childhood and habitual slumping in chairs can both contribute to postural changes. If these are not too serious then the body can bounce back.

However if these are of a serious nature then compensating changes start taking place in the muscles and the spine. The internal organs as well as the posture fall out of alignment and their optimum function is disrupted. If we look at the body from the side, the gravity line (plumb-line) should divide it into two equal segments. The line should fall through the middle of the ear, the middle of the shoulder, and the middle of the hip and thigh.

However when strain and distortion set in, the body may look totally at variance with this:



1. The shoulders drop forward and down
2. The curve of the upper middle back starts to look humped
3. The head drops forward and down

4. The lumbar curve increases

Then we see a person who has lost height and whose rib cage and diaphragm have dropped. Because of this, the organs have slipped down and now push out the lower abdomen. This can cause such problems as constipation, haemorrhoids, varicose veins, swelling of the extremities, fluid retention, bladder and kidney problems, impotency and hernias. Women could have similar problems and in addition bladder and menstrual problems resulting from these postural changes.

With the head chronically bent forward and down, there may be headaches, dizziness, sinus problems, depression, vision and hearing defects, memory problems and hypertension. If the rib cage drops even lower and further forward one might have digestive, heart and lung problems.

As a practitioner, the significance of all this detail to me is that, when I give my clients a 'Spinal Touch' realignment treatment they develop a variety of therapeutic responses. Some say they can hear better, others say they can see better. Almost invariably they all feel lighter and pain-free.

The chemical changes under conditions of strain

Some stress in life is normal and usually with a bit of rest the posture will revert to normal once the stress is removed. If however stress goes beyond its normal, 'elastic' limits it becomes strain. It is at this stage that cellular changes start taking place and the first signs of disease appear.

Muscles move bones and not the other way around. So, contracted muscles will permanently influence the bones they are attached to until these are relaxed and put in a state of stretch. This relaxation can be facilitated by non-force Light Touch realignment treatment.

Postural and energetic realignment with Light Touch

Once you become a health practitioner you tend to search for more therapies to add to your therapeutic repertoire. It was while I was still in my third year in the College of Classical homeopathy that I came across another treatment which attracted me, a treatment which uses postural assessment as a tool to determine the parameters of a 'light touch treatment' for the client. What especially appealed to me about it was that:

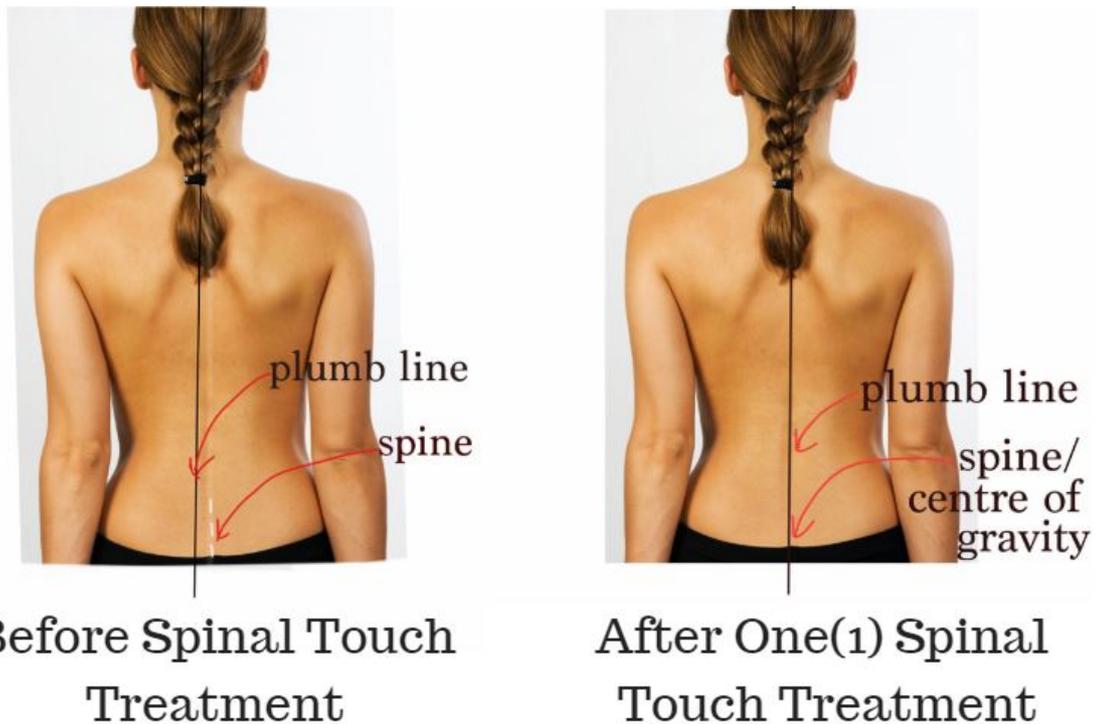
a) The treatment is highly individualised to the needs of the postural profile of the individual.

b) The postural assessment is done in relationship to the force of gravity. Practitioners often overlook the massive effect that gravity has on posture and physiology.

c) Although the treatment itself is very gentle, it has a tangible impact and is deeply relaxing for the client. People feel lighter and may have a sense of well-being which they have not experienced before. Actually administering the treatment is zero-strain for the practitioner and even has the effect of energizing the therapist as he/she gives the treatment.

d) From complaints such as backache, headaches, digestive discomfort, neck pain, sciatica to more serious diseases such as multiple sclerosis, this treatment can bring a wide range of health benefits and often total recovery. In my practice I have seen people recovering from health problems considered an impossible challenge from the perspective of mainstream health approaches.

Back pain is often the result of muscle imbalances caused by any of the core muscles but most commonly of all it is due a twisting of the hips of the patient. This twisting holds the centre of gravity of the body out of alignment.



Consequently the force of gravity is brought to bear on muscles which are out of alignment both with each other and to gravity itself and the result is intense discomfort and pain. Spinal Touch is a remedial treatment which is given on the person lying prone on a couch. It gently yet dynamically corrects postural misalignment.

This is the result of six different kinds of touch combined with engineering principles such as laws of leverage. Working on meridians and the energy centres (or *chakras*) of the body facilitates healing on deeper levels than purely on the physical. This explains why this 'light touch treatment' rebalances the organism structurally and often

emotionally and spiritually. As it is not invasive, it respects the person's personal journey.

During treatment the person may feel sensations of warmth, tingling or deep relaxation to the point of going to sleep. The change is often dramatic and is usually accompanied by a sense of well-being and absence of pain often after only one or two treatments.

Many people enjoy the treatment so much that even after recovery they keep coming for follow-ups on a regular basis.

As Spinal Touch practitioners we notice that most of the time there is an immediate therapeutic response in the person receiving the treatment.

Spinal Touch in the treatment of herniated discs & sciatica

The first things you notice in a Spinal Touch practitioner's treatment room are the plumb-line and a footboard.

These are used to gauge the balance of the patient's posture in relation to gravity. Ideally, when viewed from behind, the spine should align with the plumb-line. In addition, the shoulders and hips should be level and, seen from the side, a vertical line should connect the ear,

shoulder, hip, knee and ankle. Yet it is surprising in how few people such an alignment is to be found.

During a Spinal Touch treatment, the application of a very precise sequence of light pressure contacts to more than a hundred points and meridians helps the body into deep relaxation. This relaxation facilitates the release of acids and crystalline residues which have accumulated in the muscle tissue and organs due to the postural misalignment. Such relaxation of the muscles will allow the body to return to both structural and energetic realignment.

One patient came for Spinal Touch treatment because she was in a lot of pain. A keen horseback rider, she had an accident in which she “slipped” (herniated) four discs and strained her neck.

When she stood at the plumb-line, her body showed a marked drift to the right. During the treatment she complained of many sore spots up and down her back. The gentle ‘rub-out’ technique of Spinal Touch relaxed her sore spots and at the end of the treatment she was pain-free.

A week later she returned for further treatment. She explained that, following her initial visit, she had felt a little stiff for about forty eight hours. A warm bath had helped with the stiffness. She now feels that the discs involved

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have started to correct. In addition she feels more energetic and says that she is in a much better mood.

She returned for two further treatments before sending a card saying: " *My back is very good-it feels strong. I'm out riding again. I am very pleased*".

With the practice of Light Touch treatments therapists tend to attract and heal significantly more clients. They effortlessly develop pain and stress-free, as well as thriving practices.

To find out more about how you can train 'Spinal Touch therapy course' and transform the health of your clients visit:

<https://lighttouch.co.uk> (main website)

<https://lighttouch.co.uk/spinal-touch-course-in-devon-uk/>

(live course in Devon)

<https://lighttouch.co.uk/spinal-touch-course-international/>

(online course)

If you have any questions about the online light touch therapy course, then please don't hesitate to get in touch

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