

# Holistic Health Glossary

Alphabetical Infographic • A-Z (Full Extract)

**198 terms included**



## Holistic Health Glossary (A–Z)

### 197 terms included

**Applied Kinesiology** A method described as applied neurophysiologic diagnosis using manual muscle testing (MMT) as a window on neurologic function. It is based on the idea that irritation of the nervous system by mechanical, chemical, or psychic factors can contribute to disease; diagnosis involves identifying irritants and treatment focuses on removing them by conservative methods.

### Active Isolated Stretching

A specific protocol for stretching muscles in a contiguous order, using short duration and multiple repetitions to inhibit the stretch reflex mechanism.

### Acupuncture

A practice that regulates the flow of vital energy (chi) to restore balance of body, mind, and spirit. Specific points along energy channels relate to organs and systems; practitioners stimulate points with fine needles or with heat, cold, pressure, or minute electrical currents.

### Acutonics

An energy-based healing system and noninvasive treatment similar to acupuncture. Precision-calibrated tuning forks applied to specific acupuncture and acupuncture points aim to harmonize the body's meridian and chakra energy systems. The tuning forks are described as reflecting a natural harmonic series based on orbital properties of the Earth, Moon, Sun, and planets; their resonance and vibration are used to align and restore healthy frequencies.

### Ageless Grace

A fitness/wellness program for all ages and abilities by Denise Medved. It uses 27 simple exercise tools based on everyday movements with a focus on healthy longevity of body and mind.

### Akashic Records

Described as a record (in the 'Book of Life') of every individual who has ever lived - thought, word, and deed. Reading and clearing these records is said to help understand patterns and blockages in current life situations, heal past lives, reduce fears, and retain lessons learned.

### Alkaline water

Water that is less acidic than tap water and rich in alkalizing compounds such as calcium, silica, potassium, magnesium, and bicarbonate.

### Applied Kinesiology

A method described as applied neurophysiologic diagnosis using manual muscle testing (MMT) as a window on neurologic function. It is based on the idea that irritation of the nervous system by mechanical, chemical, or psychic factors can contribute to disease; diagnosis involves identifying irritants and treatment focuses on removing them by conservative methods.

### Aromatherapy

Use of essential oils distilled from flowers, leaves, stems, roots, or fruits to address physiological and psychological issues (e.g., anxiety, depression, muscle tension). Oils may be inhaled from vaporizers, massaged into skin, or used in baths.

### Ascension

The opportunity for energetic vibrational frequency to expand to the next level of consciousness.

### Ashiatsu Bar Massage

A form of bodywork (also known as Barefoot Shiatsu) that uses deep, soothing strokes with hands and foot pressure to work the muscles (often of the back). It is described as opening chakras, releasing toxins, inducing deep relaxation, relieving inflammation, and stimulating the body's self-healing capabilities.

### Auriculotherapy

A Chinese Medicine treatment using auricular (ear) points.

### Autonomic Response Testing

A method developed by Dietrich Klinghardt, MD, for determining energy system balance by observing responses of the autonomic nervous system.

### Awareness Through Movement

Verbally directed movement sequences presented primarily to groups. Lessons are organized around particular functions and involve thinking, sensing, moving, and imagining; comfortable movements gradually evolve in range and complexity to help people learn how basic functions are organized.

### Ayurveda

An ancient Vedic system of knowledge of life (or daily living) that views humans as integral to the universe. It emphasizes restoring balance in mind, body, and emotions by re-awakening biological intelligence, often assessing body types in terms of Vata (air), Pitta (fire), Kapha (water), and combinations.

### Bach Flowers

A set of 38 flower essences developed by Dr. Edward Bach in the early 1900s to address emotional and mental states by turning negative states into positive ones; used for people and animals.

### Bariatrics

A branch of medicine dealing with the study and treatment of obesity.

### Bioidentical hormone replacement therapy (BHRT)

A therapy that treats hormone deficiencies (noted in the glossary in the context of menopause) using molecules identical to natural female hormones.

### Biovalent Systems

A gentle manual therapy intended to assist the body's natural healing processes to achieve balance within body systems (e.g., respiratory, circulatory, mental, emotional) and restore health.

### Body and Mind Balancing

197 terms included An approach that seeks to integrate physical, intellectual, spiritual, and emotional 'bodies' using holistic methods ranging from nutrition and physical movement to personal paradigm shifts.

### Body Composition Analysis

A method for determining the body's percentage of lean body mass, fat, and water.

### Body-Mind Centering

An experiential approach (Bonnie Bainbridge Cohen, OT) to anatomy, physiology, and developmental movement. It uses movement, touch, voice, and mind to explore how mind is expressed through the body and vice versa; applied in dance, yoga, bodywork, therapy, education, meditation, and athletics, including injury prevention and rehabilitation.

### Body talk therapy

## Holistic Health Glossary (A–Z)

A gentle approach described as restoring the body's innate ability to heal itself by re-aligning communication between the body's cells and systems.

### Bodywork

A general collection of modalities often used together to form a comprehensive technique; may or may not involve physical touch, but is intended to facilitate the body's healing response.

### Bowen Technique

Listed as 'See NST' in the glossary.

### Breathwork/Rebirthing

A modality centered on guided breathing processes intended to increase oxygen, supply cells with freshly charged blood, rejuvenate body and mind, and help release emotional memories; also used for inner peace, clarity, relaxation, and healing on many levels.

### Carpal Tunnel Syndrome

A condition occurring when tendons or ligaments in the wrist become enlarged (often due to inflammation), narrowing the tunnel and pinching nerves that reach the fingers and thumb. Some cases are due to work-related cumulative wrist trauma.

### Case Management

A specialty practice in health and human services that helps individuals and families cope with complicated situations and improve quality of life by coordinating services around what matters most to the person.

### Cell Salts

Prepared by grinding and potentizing each of the 12 basic mineral compounds naturally present in the body's tissues. They are described as gently and safely addressing a wide range of acute and chronic problems and helping reorganize and correct tissue function.

### Central Stenosis

A narrowing or constriction of the diameter of a bodily passage or orifice, specifically in the central canal of the spinal cord.

### Certified NES Practitioner

A practitioner trained by Nutri-Energetic Systems (NES) to use proprietary technology to evaluate and balance the human biofield.

### Chelation Therapy

Described as intravenous administration of the amino acid EDTA to help remove heavy metals from the body; often used to treat arteriosclerosis and high amounts of metals like lead, mercury, nickel, and copper, as an alternative to bypass surgery and angioplasty.

### Chi (Ch'i)

See Qi (as referenced by the glossary).

### Chinese Herbs

Herbs combined in formulas to enhance individual properties and actions; symptoms and signs are matched with therapeutic effects reflecting the particular condition and needs of each patient.

### Chinese Medicine

A comprehensive system of health care with a long history (over 23 centuries). It includes acupuncture, acupressure massage, dietary modifications, medicinal, Qi Gong, moxibustion (heat therapy), and other methods for stimulating the energetic system.

### Chiropractic adjustments

Used for musculoskeletal problems and conditions such as migraine headaches, high blood pressure, or nervous disorders. Proper alignment of spine and vertebrae is described as essential for good health; misalignments can pressure spinal nerve roots, leading to diminished function and illness.

### Chronic Fatigue Syndrome

An ongoing illness characterized by muscle weakness and fatigue worsened by exertion; often accompanied by disturbed sleep, joint and muscle pain, forgetfulness, depression, headaches, and digestive problems, typically following severe stress, injury, viral illness, or chemical exposure.

### Cognitive Behavioral Therapy

A form of psychotherapy based on the idea that thoughts (rather than external stimuli) influence feelings and behaviors; it emphasizes identifying thought patterns and replacing them with thoughts that lead to more desirable reactions.

### Connective Tissue Massage

A physical therapy treatment (bindegewebsmassage) where the therapist uses fingers or hands to contact superficial connective tissue while performing dragging or pulling strokes through the muscle.

### CranioSacral Therapy

A therapy focused on a closed spinal-hydraulic system involving the brain, spinal cord, skull bones, sacrum, membranes, and cerebrospinal fluid. Practitioners gently manipulate cranium and sacrum to address misalignments; used for chronic pain, migraine headaches, TMJ, and head/neck injuries.

### Cryotherapy (Whole Body)

A treatment in which liquid nitrogen vapor (around -270°F) surrounds the body for up to three minutes. Cold sensors in skin signal the brain; blood is described as circulating through the core, flushing toxins; blood becomes enriched, reducing inflammation.

### Crystal Bed Therapy

A system described as designed and blessed by spiritual medium John of God at Casa de Dom Inacio Healing Center in Brazil, using specially cut lighted quartz crystals to align chakras and balance energy; deep relaxation and mystical experiences are often reported.

### Cupping

A technique in Chinese Medicine to move Qi and blood in the meridians.

### Cytopathology

The science dealing with the study of diseases of cells.

### Deep Feeling Core Release Therapy

Based on Primal Therapy, an experiential psychotherapy involving getting in touch with deep emotions and releasing feelings from the core.

### Dermaplaning

See Epidermal Leveling.

### Directional Non-Force Technique

197 terms included A hands-on, innate non-force chiropractic system correcting not only total-body osseous misalignments but soft tissue as well.

### DITI (Digital Infrared Thermal Imaging)

See Thermography (as referenced by the glossary).

### Doula

## Holistic Health Glossary (A–Z)

A support person for laboring and birthing; helps carry out the birth wishes of the pregnant person and family and assists with pain and fear management using natural techniques.

### Earth Acupuncture

A treatment to address geopathic stress on-site or from a distance, described as dispersing and regulating the flow of vital energy within the earth.

### Edeh Energy Medicine

Approaches that mobilize the body's energies to boost vitality and stamina, strengthen immunity, relieve pain, and support memory and mind through work with the body's energy system and meridians.

### Educational Kinesiology

The application of kinesthetics to improve brain/body integration, eliminate stress, and maximize learning potential; described as a process for drawing out innate learning abilities through understanding movement and learning patterns.

### EFT (Emotional Freedom Techniques)

A tapping procedure based on acupuncture/acupressure principles intended to align the body's energy system, include emotional and verbal elements.

### Electric Stimulation

Use of electrical current applied to the body to bring about physiological changes such as in muscle tone, pain, edema, and neuromuscular re-education.

### Electro-Acupuncture

After an acupuncture needle is inserted and G obtained, electrodes (wire clips) are attached and electrical current is passed to strengthen and alter the nature of stimulation.

### Electrotherapeutic Point Stimulation (ETPS)

Combines acupuncture, massage, physical therapy, and micro-current stimulation to help chronic pain patients. Applied to acupuncture and trigger points; described as isolating specific tissues/organs, relaxing muscles, calming the nervous system, relieving pressed nerves, and releasing endorphins.

### EMDR (Eye Movement Desensitization and Reprocessing)

An integrative psychotherapy approach, researched for treating trauma; uses standardized protocols incorporating elements from different treatment approaches, described as helping many people relieve psychological stress and disturbing memories.

### Energetics Management

An approach that uses strategic energetic adjustments to remove blockages and limitations, aligning an individual or company with goals and desires of the heart; includes various healing modalities to fine-tune results.

### Energy Work

A broad category of practices intended to integrate physical, mental, emotional, and spiritual energy bodies, support rejuvenation, and allow freer energy flow; used for prevention and treatment of illness, chronic pain, stress, and emotional trauma (as described by the glossary).

### Epidermal Leveling

197 terms included A safe, effective exfoliation technique (also called dermaplaning) using a surgical instrument to remove top skin layers and fine facial hair; described as improving texture and appearance, stimulating and rejuvenating skin tissue, and reducing acne scarring,

pigment issues, and fine lines; noninvasive and suitable for pregnant and nursing clients.

### Epigenetics

The study of chemical reactions that activate and deactivate parts of the genome at strategic times and in specific locations; described as influenced by factors such as stress, diet, and behavior.

### Essential Oils

Concentrated essences of flowers, fruits, herbs, grasses, plants, and trees used for health support and environmental clearing; described as having complex properties and containing many isolated chemicals (research noted as showing antibacterial, antifungal, and antiparasitic properties).

### Esthetician

A person knowledgeable about aesthetics and the application of various skin techniques including waxing, pore cleansing, exfoliation, chemical peels, and device-driven noninvasive procedures.

### Facercise

Facial exercise for the muscles of the face and neck.

### Family Constellation

A method that represents the operation of the family system (parents, siblings, and others in the family of origin). It pictures the family by analogy to a constellation; intended to help clients consider how they found their place and rehearse participation in wider social circles.

### Far-Infrared Therapy

Use of radiant heaters emitting far-infrared to stimulate the body to release fat-soluble toxins, heavy metals, and other chemicals; described to increase blood circulation and oxygen supply to tissues; reduce chronic pain or sport injuries, promote relaxation, induce sleep, and relieve stress.

### Feng Shui

The art and science of arranging spaces and elements to create harmonious energy flows and patterns, adjusting spaces to enhance success, happiness, relationships, fulfillment, and other aspects of life.

### Fibromyalgia

A widespread musculoskeletal pain and fatigue disorder of uncertain cause. Described as pain in muscles, ligaments, and tendons; many feel pulled or overworked, with muscle twitching and burning sensations.

### Field Control Therapy (FCT)

A dynamic method of bio-energy evaluation and treatment described as achieving results in cases where other methods have not worked.

### Frequency Specific Microcurrent

Use of microamperage current (about 1/1,000,000th amp) to balance tissues at their own level of frequency. The glossary describes each tissue resonating at a unique frequency; FSM modulates imbalanced frequencies to support correction. Used primarily for reduction of pain (e.g., chronic myofascial, disc/facet joint, neurological conditions) and described as reducing inflammation, increasing ATP, and improving cellular energy.

### Full Specialist

Someone licensed to perform facials, manicures, and pedicures.

### Functional Integration

## Holistic Health Glossary (A–Z)

A hands-on form of tactile, kinesthetic communication in the Feldenkrais method, where the practitioner uses gentle touching and movement to help students reorganize functional motor patterns without invasive or forceful procedures; sessions are custom-tailored to the person at that moment.

### Functional Medicine

197 terms included An approach dedicated to treating persons as individuals and viewing health as a hologram of interrelated physiological systems; notes that some chronic illnesses defy categorization (e.g., gut and immune system connections).

### Geopathic Stress

Unnatural vibrations or energy within the land (below a building foundation) described as causing health problems in people, animals, plants, and trees; associated with electromagnetic fields from fault lines, sinkholes, subterranean water, and underground power lines.

### Gong Yoga

Combines classical yoga with the sound of the gong to create spontaneous meditation and therapeutic relaxation. The gong is described as facilitating movement of vital life energy, clearing the subconscious, and awakening transcendence through intentional consciousness and applied sound.

### GYROKINESIS Methodology

Exercises that work the entire body through natural elements of spinal movement (forward, backward, side, twist, circular) and joint articulation. Movements are rhythmic and undulating with breath; fluidity is emphasized; can be done seated, standing, or on the floor.

### GYROTONIC Methodology

Exercises offering freedom of movement performed on the Pulley Tower equipment, adjustable for body types and strength levels; uses even and constant resistance (as described by the glossary).

### Hakami Principles

Five guiding principles developed by Ron Kurtz for bodywork practitioners: organicity, unity, body/mind wholeness, mindfulness, and nonviolence.

### Halotherapy (Dry Salt Therapy)

A natural cleansing treatment for the respiratory system, described as drug-free and safe; beneficial as complementary treatment for asthma, sinusitis, chronic lung diseases, allergies, ear infections, bronchitis, cystic fibrosis, rhinitis, hay fever, sore throat, congestion, psoriasis, and stress reduction.

### Health coach

A health care profession that helps empower people to make successful, permanent lifestyle changes to achieve health goals; trained in interdisciplinary skills such as values clarification and motivational interviewing.

### HeartMath

A system for unfolding qualities of the heart and accessing/developing the physiological and psychological equations for the heart's intelligence.

### HEG (Hemoencephalography) Biofeedback

A drugless method for conditions involving frontal lobe activation. It is described as simple and non-intrusive for monitoring and training cerebral function without the inconvenience of electrode preparation required by many neurofeedback methods.

### Herbs

Plant or plant parts valued for medicinal, savory, or aromatic qualities because they contain substances that act on the body; used across many diseases and conditions.

### Homeopathy

A system developed by Dr. Samuel Hahnemann based on the Law of Similars ('let likes be cured by likes'). A substance that would cause symptoms in a healthy person is used in safe, prepared doses to treat similar symptoms; classical homeopathy uses a single remedy in a single potency chosen to address individuality and totality.

### Homeotherapy

Treatment or prevention of disease using the principles of homeopathy.

### Homotoxicology

The study of environmental poisoning of the human body.

### Hot Stone Treatment

Application of moist, heated mineral stones to areas of the body, used as an enhancement of massage.

### HypnoBirthing/Pamree Childbirth

A method of relaxed, natural childbirth education enhanced by self-hypnosis and techniques intended to help women use natural instincts in labor.

### Hypnotherapy

A method facilitating access to a client's subconscious mind to uncover and explore memories, emotions, and past events; used to treat functional disorders such as blindness or paralysis and personality disorders such as habitual behaviors and phobias.

### Imagery

A mind/body therapeutic approach that brings a person to deep relaxation to elicit and interact with inner images, tapping personal resources for health, insight, and empowerment; used from pain relief to stress management.

### IMAP (Integrative Massage Performance and Personal Training)

A program where trainers integrate principles of exercise specialists, massage therapists, nutritionists, and strength coaches using orthopedic and movement assessments that quantify spinal mobility and muscle/postural imbalances.

### InnerSpeak

A modality described as a language for listening to the soul, allowing the Inner self to communicate to the conscious mind and identify areas/blocks that prevent creating desired realities.

### Integrative Kabbalistic Healing

Integrates 13th-century Kabbalistic wisdom, quantum physics theories, 20th-century psychological insight, and nonduality teachings into a transformative healing modality to deepen understanding of the true self and enhance the ability to hold new states of consciousness.

### Integrative Health Coach Professionals

A coaching approach assisting people with disease management and wellness goals/visions, drawing on behavior change theories from multiple fields of human sciences and evidence-based integrative medicine and health practices to support life-style changes.

### Integrative Medicine

An approach that draws upon therapeutic models to create a more comprehensive practice of the arts and science of

## Holistic Health Glossary (A–Z)

medicine, geared toward promoting health and preventing illness while evaluating both conventional and alternative medicine.

### Intuitive Arts

Guidance from intuitive consultants who use clairvoyant, empathic, and precognitive abilities to facilitate growth and awareness.

### Iridology

The art and science of analyzing the markings and structures of the eye's iris to identify behavioral, communication, and relationship patterns.

### Iyengar Method of Hatha Yoga

A vigorous approach emphasizing balance between strength and flexibility; develops self-awareness through attention to postural alignment with the aid of props.

### Jin Shin Do (Way of the Compassionate Spirit)

197 terms included A synthesis of traditional Japanese and Chinese acupressure techniques and theory, based on the belief that disease and symptoms reflect imbalance in the energy system. Uses gentle finger pressure on specific points to release chronic tension ('armoring') and balance Qi/energy, supporting deep feelings and inner wisdom.

### Jin Shin Jyutsu

A psycho-philosophy focused on harmony and the wisdom of nature; described as energy medicine harmonizing mind, body, and spirit. A session involves a fully clothed client on a massage table while practitioner places fingers/hands on and around 26 energy locks or points, supporting release of tension and imbalance.

### Joint Mobilization

A rehabilitation technique used to improve joint range-of-motion.

### K Tape

See Kinesio Taping.

### Kabbalistic Healing

See Integrated Kabbalistic Healing.

### Karmic Release

A process described as releasing past experiences stored within body cells and psyche. Through karmic release, patterns of fear, blockages, suffering, health issues, and life drama are said to be eliminated and new soul contracts created to support current desires, with integration on mental, physical, and spiritual/soul levels.

### Karuna Reiki

A form of Reiki developed by William L. Rand, described as opening the practitioner to work more closely with enlightened beings. The term 'Karuna' is described as meaning 'any action taken to diminish the suffering of others' and can also mean 'compassionate action.'

### KaTone Health Education System (KHES)

Programs educating practitioners and lay persons in natural therapies to support optimum health for body, mind, and spirit; includes deep tissue muscle therapy and nutritional, supplemental, and healthy lifestyle counseling.

### Kinesio Taping (K Tape)

A therapeutic taping technique that improves circulation, relieves pain, and can relax or stimulate muscles.

### Kinesiology

See Applied Kinesiology.

### Kirtan

A devotional practice of chanting mantras, often with musical instruments (especially the harmonium), as a form of group prayer and meditation.

### LaHo Chi

A spiritually based hands-on healing described as facilitating release of deep emotional and physical pain and trauma (past and present) and using life force to energetically restructure the blueprint of the etheric/vital body. It is described as balancing etheric, emotional, and mental bodies and aligning them with spiritual bodies of higher consciousness.

### Lakulish

Described as the 28th incarnation of Lord Shiva and one of the primary three aspects of the Divine in Hinduism; described as a transformer of consciousness.

### LED Light Therapy

Red light is described as increasing circulation and moisture retention, stimulating cell turnover, reducing pore size, evening skin, improving skin tone, aiding damaged skin, reducing inflammation, speeding healing, and decreasing fine lines and wrinkles. Blue light is described as antibacterial (killing acne bacteria) and reducing acne without irritation.

### Living Foods Nutrition

Diet and lifestyle based on eating a natural diet focused on 'living foods' (definition continues beyond the provided page). Glossary Extract (Pages 71–79)

### Nambudipad's Allergy Elimination Techniques (NAET)

A non-invasive, drug-free, natural approach intended to eliminate allergies of all types and intensities using selective energy balancing, testing, and treatment procedures drawing from acupuncture/acupressure, allopathy, chiropractic, nutritional, and kinesiology disciplines.

### Natural foods

Minimally processed foods that remain as close as possible to their whole, original state; generally more nutritious than refined counterparts.

### Naturlogy

A course of study created by the American Institute of Holistic Theology; from 'nature' + 'ology' (branch of learning/science). Emphasizes nature as the total source for dietary, spiritual, and intellectual health, using only natural solutions rather than synthetics.

### Naturopathy

A system of medicine based on supporting the natural functions of the body. Health and disease reflect interactions among physical, emotional, dietary, genetic, environmental, lifestyle, and other factors; treats the whole person.

### Neural Mobilization

A rehab technique to decrease neural entrapment from soft-tissue injury. Uses gentle nerve-stretching to relieve tension/tightness and associated symptoms (radiating pain, numbness, tingling, weakness)

### Neuro-Integration Therapy

A therapy approach that addresses the nuclei and reticular formation in the brain.

### Neuromuscular Therapy

## Holistic Health Glossary (A–Z)

Often used to relieve tender or congested muscle spots and compressed nerves that may radiate pain; emphasizes the role of the brain, spine, and nerves.

### Neuropathy

Damage or disease affecting nerves that can impair sensation, movement, gland/organ function, or other health aspects. Causes can include systemic diseases (e.g., diabetes), vitamin deficiency, medications, chemotherapy, traumatic injury, alcohol use, immune disease, infection, or inherited factors.

### NLP (Neuro-linguistic Programming)

Study of language, communication, and personal change; from a health perspective, emphasizes awareness of self-talk patterns, their effects, and how to facilitate healing through changing those patterns.

### Reiki Lipo

A massage-like technique intended to improve circulation and reduce cellulite.

### NSI (Neurostructural Integration Technique / Bowen)

A soft-tissue therapy intended to reduce pain and physiological dysfunction and support structural integrity; generally suitable for all ages.

### Nutraceutical

A coined term combining nutrition and pharmaceutical—often framed as 'let food be your medicine.' Generally refers to nutritional 197 terms included supplements or 'health foods' sold as supplements to nutrition (diet).

### NutraMatrix®

A custom health solution offering health professionals and clients support for optimal health through science-based nutraceuticals, weight management programs, and supplementation products.

### Nutrition

The process by which a living organism assimilates food and uses it for growth, energy liberation, and tissue replacement. Proteins, carbohydrates, vitamins, minerals, amino acids, and enzymes are basic elements required to create and maintain life; balance is required for optimal health.

### Nutritional Medicine

Use of higher, therapeutic doses of basic nutrients to address illness and disorders, including deficiency states caused by poor diet or extreme environmental factors; uses substances vital to human physiology and is generally well received by the body.

### Oneness Blessing (Deeksha)

A non-denominational benediction described as the transfer of divine energy that over time is designed to bring about a state of oneness in the recipient.

### Orff-Schulwerk

An approach to teaching and learning music based on children's natural impulses (sing, chant rhymes, clap, dance, keep a beat). Emphasizes hearing and making music first, then reading/writing it.

### Organic

Pertaining to, involving, or grown with fertilizers of animal, mineral, or vegetable origin, as distinguished from manufactured chemicals.

### Orthopedics

Branch of medicine dealing with prevention/correction of injuries or disorders of the skeletal system and associated muscles, joints, and ligaments.

### Orthotists

Practitioners who make braces, splints, and external devices to support a limb or help correct misalignment.

### Pain Reflex Release Technique (PRRT)

A nonconventional physical therapy approach utilizing the body's primal reflexes to reduce musculoskeletal pain and enhance natural healing; used for chronic pain conditions, fibromyalgia, post-surgical pain, or unresolved pain.

### Parkinson's disease

A progressive nervous system disorder affecting movement. Often begins gradually (sometimes with a tremor in one hand) and can also cause stiffness or slowing of movement; symptoms may worsen over time.

### Physical Therapy

A hands-on approach that assists healing using techniques such as exercise, hot/cold treatments, electrical stimulation, and massage. Used after injuries/surgery to accelerate recovery by improving strength, relieving pain, and restoring range of motion; also aims to help prevent recurring injuries.

### PiYo

A hybrid athletic workout combining mind/body practices of yoga and Pilates with stretch, strength training, conditioning, and dynamic movement.

### Pleo® Serum

A product system developed to modulate functional biology through multiple mechanisms; includes isopathic, homeopathic, and 197 terms included supplementation preparations used in biological medicine.

### Polarity Therapy

An energy-based bodywork approach within an integrative holistic model; involves balancing positive and negative poles/energies and may include dietary cleansing. Views health as a reflection of the energy field and aims to balance the field for health benefit.

### Post-Traumatic Stress Disorder (PTSD)

A psychiatric disorder that may occur after experiencing or witnessing life-threatening events (e.g., combat, natural disasters, terrorism, serious accidents, assault). May involve nightmares/flashbacks, difficulty sleeping, and other symptoms.

### Posterior Facet Syndrome

Pain involving facet joints (Z-joints) in the posterior spine; a common source of low back pain, ranging from degenerative changes to irritated nerve endings and possible nerve root entrapment.

### Pranic Healing

A no-touch form of energy healing developed by Master Choa Kok Sui; incorporates an 11-chakra system and specific protocols to treat physical and psycho-emotional issues; described as complementary to traditional treatments.

### Pregnancy Massage

Massage intended to provide benefits such as stress reduction, improved physiological functioning, reduced musculoskeletal pain, and support for labor preparation, facilitation, and postpartum recovery. Safety includes attention to positioning, pressure depth, pain levels, and pregnancy complications.

## Holistic Health Glossary (A–Z)

### Primary Care

The first entry point to the healthcare system where health problems are diagnosed and treated.

### Prolo (Prolotherapy)

Injection of a proliferant (a specially formulated mild irritant) into damaged soft tissue to cause irritation that increases blood flow and may help rebuild/heal tissue; described as useful when chronic joint pain relates to instability from tendon/ligament damage.

### PsychK

Short for psychology and kinesiology; a modality developed by Rob Williams for balancing conscious intent with the subconscious.

### Psychotherapy

A counseling method helping one look objectively at behavior, feelings, thoughts, and problematic situations to determine more effective ways of understanding and behaving.

### PureBioenergy

Described as a gentle, non-invasive method of healing that addresses a wide range of conditions; uses specific energy protocols applied over consecutive days with the aim of restoring immune efficiency, speeding recovery, and supporting pain relief and circulation.

### Qi

Circulating life energy in Eastern philosophy; in traditional Chinese medicine, balance of negative and positive forms is believed essential for good health.

### Qi Gong

A system of practices for rejuvenation and health preservation, loosely translated as 'Life Force' gained through the merit of practice; improves flexibility, strength, mental focus, and physical/emotional balance through visualization, meditation, stretching, movement, self-massage, and sound.

### Quantum Entrainment

A process for connecting with a subtle field of existence described as a source of healing manifestation; used with the intent to create rapid healing and life changes.

### Quantum Healing

197 terms included Framed as 'healing the body-mind from a quantum level'—shifting energy/information to bring correction; associated with changing modes of consciousness (popularized by Deepak Chopra) and may involve accessing collective consciousness to find the origin of an illness.

### Quantum-Touch

A method of natural healing that works with the Life Force Energy of the body to promote optimal wellness; Life Force Energy is also known as 'chi' in Chinese and 'prana' in Sanskrit.

### Rasa

In Ayurveda, described as the fluid/juice in the body from correctly digested food that nourishes tissues and imparts a feeling of pleasure in existence.

### Rebirthing

See Breathwork.

### Reflexology

A practice applying pressure to feet/hands to stimulate reflexes corresponding to specific body areas; uses manual techniques with thumbs/fingers to relieve stress

and improve circulation and nerve transmission.

### Reiki (RAY-key)

A gentle, non-invasive, ancient form of natural healing; practitioner places hands on the clothed recipient and moves them periodically; described as restoring/balancing life force energy in the physical, etheric, and subtle bodies.

### Reiki Tummo

A combination of Reiki (universal energy) and Tummo (Kundalini energy) attunements and techniques designed to promote awakening and well-being; described as improving ability to channel Reiki through energy/nadi cleansing via Kundalini.

### Rolfing

See Structural Integration.

### Sacred Geometry

Geometrical laws described as creating everything in existence and uniting mind, heart, spirit, and matter; holds that every creation has a unique vibratory frequency and that vibratory frequencies reveal intrinsic unity of part and whole.

### Sadhana Center

A yoga practice based on the eight-limbed path codified by Patanjali; physical, ethical, and philosophical awareness; emphasizes being conscious in daily life to fulfill one's role of being human.

### Sex coaching

A sex-positive, empowerment- and development-centered coaching process for sexual self-expression and fulfillment; may include sessions and personalized home assignments, bodywork, education, field trips, and rituals, aiming to integrate sex as a joyful part of life.

### Sex therapy

A specialized form of counseling focusing on sexual concerns; may include education, exercises, and focus on resolving uncomfortable feelings tied to past or present experiences.

### Shaman, Shamanism

An earth-centered practice of opening vision to a broader 'unseen' universe through communication with spiritual allies and the natural world; used for daily life issues and healing; contemporary forms emphasize transition and awakening.

### Shatsu

197 terms included A holistic healing approach applying rhythmic pressure along acupuncture meridians to restore health, balance, and vitality; often done fully clothed.

### Shogren's (SHOW-grins) Syndrome

An immune system disorder commonly identified by dry eyes and dry mouth; may accompany rheumatoid arthritis, lupus, and other immune disorders.

### Somatics

From Greek 'soma' (living, aware, bodily person); body experienced and regulated from within. Emphasizes that body and mind are parts of a living process; often aims at body-mind integration and freedom from restrictions through self-mastery and responsibility.

### Soul Retrieval

A shamanic ritual in which a shaman retrieves and returns parts of a person's soul that have split off, been given away, or stolen; described as restoring wholeness and aliveness.

## Holistic Health Glossary (A–Z)

### Sound Therapy

A form of Biological Resonance or BioResonance using tones delivered in brainwave multiples intended to resonate with body cells; when balance is restored, harmony and healing are the result.

### Spiritual Direction

A process of accompanying (rather than directing) a person in spiritual life, distinct from counseling/therapy; provides listening, nurturing, and growth that supports discerning and trusting inner 'nudges.'

### Structural Integration / Rolfing

A bodywork method consisting of deep tissue manipulation and client education about posture in relation to gravity. Major body sections are 'reordered' to enhance flexibility, ease of breath, and movement; described as affecting a functional body as physical body is adjusted.

### Swedish Massage

A common Western massage technique; a vigorous system designed to energize the body and stimulate circulation using kneading, rolling, vibration, percussion, and tapping movements; may aid relaxation, soar/achesion dissolution, and circulation.

### Tarot

A set of 78 cards divided into Major Arcana (22) and Minor Arcana (56), originating in the 15th century; used for insight, guidance, and healing, helping awareness of life choices and empowerment.

### Telangiectasias / angiectasias

Small dilated blood vessels (spider veins) near the surface of skin or mucous membranes, about 0.5–1 mm in diameter; can develop anywhere and are commonly seen on face, legs, etc.

### Temporomandibular Joint Syndrome (TMJ)

A condition in which the jaw joint does not function properly, producing pain in muscles/joints that may radiate to face, neck, head, and shoulders; may involve difficulty opening mouth, clicking/popping, and is commonly linked to bite issues, stress, and teeth grinding.

### Thai Massage / Thai Yoga Massage

1) Bodywork using gentle stretching to open energy lines, uses pressing, stretching, twisting, and joint movement. 2) Ancient Eastern massage incorporating acupressure point stimulation and yoga-like stretches to release blocked energy and restore harmony.

### The One Philosophy

Living 'The One' as being The One for others; valuing, honoring, and appreciating people in your life; framed as a way to realize and bring goals/dreams into fruition.

### The Reiki Alliance

197 terms included.

### The TRAGER® Approach

Movement re-education and neuromuscular reprogramming to enhance body/mind integration; involves gentle touch movements within pain-free range to teach natural fluidity and support deep relaxation; reinforced through Mentastics® self-care movements.

### Therapeutic Exercise

Specific exercises designed for rehabilitation of the musculoskeletal system to stimulate the return of normal movement function.

### Therapeutic Touch® (TT)

A holistic, evidence-based therapy incorporating intentional and compassionate use of universal energy to promote balance and well-being. Practitioners move hands above the body to assess energy field and support healing; reported outcomes include relaxation, anxiety reduction, decreased pain perception, comfort, and improved sleep.

### Thermography (Digital Infrared Thermal Imaging, DITI)

A totally non-invasive clinical imaging procedure for detecting and monitoring diseases/injuries by showing thermal abnormalities. Mentioned uses include fibromyalgia, TMJ, carpal tunnel syndrome, whiplash, digestive disorders, and breast disease; noted benefit includes opportunity for earlier detection than self-exam, doctor exam, or mammography alone.

### Tibetan Singing Bowls

Used for centuries for healing/meditation; create sounds to restore normal vibratory frequencies of diseased/out-of-harmony areas of body, mind, and soul.

### Total Motion Release

A holistic physical therapy approach using normal and functional movements to accelerate healing by placing less weight/activity in 'bad' areas and exaggerating workload in 'good' areas/movements.

### T-infinity 3 technology

Transmits streams of coded data through a computer USB port via hand-held quartz crystal transmitters; users report subtle energy effects (hand tingling, skin hydration, warmth, deep meditative calm). Designed to increase awareness, attain self-balance, and restore vitality.

### TriYoga

A system of Hatha yoga developed by Kali Ray; based on flowing sequences connecting postures with wave-like motion; described as union of posture, breath, and focus (asana, pranayama, mudra).

### Tsi Dup Yang Boo

Based on 7th-century Tse Dup Jha Ri Ma; a Tibetan system of healing the energetic essence of soul, life force, and life.

### Tui Na

A form of Chinese manipulative therapy often used with acupuncture, moxibustion, fire cupping, Chinese herbalism, tai chi, and qigong; a hands-on treatment using acupressure to bring the body into balance.

### Ultrasound

Use of therapeutic sound at a frequency designed to stimulate healing by increasing temperature deep within the body, fostering increased blood circulation to the area of injury.

### Usui Shiki Ryoho

Translated as 'The Usui System of Reiki Healing'—a form of natural, hands-on healing developed by Dr. Mikao Usui and passed on through distinct teaching/practice, including tradition and initiation ritual and use of specific symbols.

### Vibrational Frequency Adjustments

197 terms included Study of the current energetic vibrational frequency of a situation/object/person/illness and retuning harmonic resonance to create a more optimal outcome; framed as higher vibrational frequency attracting matched energy.

### Viniyoga™

A comprehensive and authentic transmission of yoga, including asana, pranayama, bandha, sound, chanting,

**Holistic Health Glossary (A–Z)**

meditation, personal ritual, and study of texts; an ancient Sanskrit term implying differentiation, adaptation, and appropriate application.

**Webster’s In-Utero Constraint Technique**

Used to assist breech babies in turning after the seventh month of pregnancy; involves gentle sacral adjustment and a trigger point on the anterior pelvis; described as effective and non-invasive, helping some women avoid C-section.

**Whole-Body Cryotherapy**

See Cryotherapy.

**Yapana®**

Created by Leannean Carey; Sanskrit for support and extension of life. Includes warm-up of one movement with one breath, a series of Doing poses requiring effort, and a series of supported, restorative Being poses.

A comprehensive system of practices enabling development of physical, mental, and spiritual potential; commonly includes asanas, breathing techniques, meditation, and chanting; many traditions aim to support health and well-being.

**Yoga Nidra**

A restorative yogic meditation establishing a strong line of communication with the higher self.

**Zentangle**

An easy-to-learn method of creating images through drawing repetitive patterns; a relaxing art form that increases focus/creativity and provides artistic satisfaction and well-being.

