



Energy in Action

Dr Randolph Stone, DO, DC, ND was the founder and developer of Polarity Therapy and the Polarity energy principles. The system integrates wisdom from traditional health-care systems, such as Oriental Medicine and Indian Ayurveda, with western philosophies.

Dr Stone developed Polarity Therapy for all body systems, from mental to muscular to the more subtle vibrations of our blueprint. It is grounded in the fundamental energy law of positive and negative poles with a neutral space in between. The therapeutic approach of Polarity aims to release tension in the body by re-establishing a flow between the two poles, through a neutral space or still point.



Benefits to You

People with many conditions, including those listed here, seek help from Polarity Therapy -

- stress/anxiety
- depression
- low energy
- back pain
- headaches
- poor circulation
- menstrual problems
- muscular-skeletal pain

You might experience many different responses to Polarity Therapy, including:

- incredible relaxation
- emotional balance
- structural release
- deep transformation
- profound stillness
- relief from symptoms

Please contact me to discuss how we can work together!



Your Treatment

In a typical Polarity session, you and the Practitioner will work together to address mental, emotional and physical issues. Practitioners are trained in the art of 'listening', through ears, eyes and hands to the energy flow of the individual. A single session may draw on a menu of healing bodywork techniques to address any imbalances. This process may be supported by yoga-style exercises, thought-pattern management and advice on Polarity cleansing nutrition.

After gathering information on medical history and lifestyle, the hands-on bodywork is generally the main part of the session. The therapist will use touch techniques to relieve tension and energy blocks, while you lie or sit on a couch, usually fully clothed.

*Three modes of touch:
Stimulating, light and Deep*