



## This Month: Dan Towey, LMT BSBA MA

Enlighten, empower and inspire; That was Dan Towey's goal for this month's meeting and he delivered. He shared his fascinating story with the group as well as offering some great advice.

Many people, with and without Lupus are exploring what alternative medicine has to offer.

As Dan Towey explains, there are several dimensions to a person beyond simply the physical. In addition to the body, there is a mind, spirit and emotional component that, if not addressed can make healing the physical body difficult.

The obvious area that Lupus patients focus in on the body, since that is where the symptoms manifest. As we have seen in past months, stress is a trigger for those symptoms and that involves the mental and the emotional areas.

Towey describes himself as a chronic immune system dysfunction survivor. Having Lyme disease among other conditions, he set out to heal himself in all areas. Now he brings his experience and wisdom to others.

Towey offers sports injury recovery, medical insurance massage, Reiki and Energy bodywork, Body Talk and Cranio Sacral as well as business and spiritual counseling.

His initial topic was going to focus on Body talk, but the group was more interested in the Cranial Release Technique which he demonstrated.



Dan Towey and Body Talk

There is an in-depth explanation of CRT at <http://www.cranialrelease.com/Seminars/Biz/Article/1-14/2/11.html>

But to sum it up simply, it is a way to let the brain breathe. Cranial Release Technique (CRT) is a natural, hands-on approach to releasing the body's inborn capacity to heal and regenerate itself. You can contact Dan for more information on where and when he will be offering it.

If you would like more information about Dan Towey, Body Talk, Cranial Release Technique or how to better balance mind, body and spirit you can contact Dan at: 407-447-7294 or email him at [dantowey@yahoo.com](mailto:dantowey@yahoo.com)

### Suggested reading:

[Heal Your Body](#) by Lousie Hay

[The Vitamin Bible](#) by Earl Mindell

## SKI WITH HOWIE D.



**When:**  
**April 27-30, 2007**

**Where:**  
**Whistler, Canada**

**For more information  
visit our website  
or contact  
[whistler@dlfcanada.com](mailto:whistler@dlfcanada.com)**

**Can't make it to the event  
but still want to help us  
fund Lupus research?**

Visit the [Gift store](#) and make a donation.

And as always,  
thank you for your generous  
support of the

**Dorough Lupus Foundation**

## Upcoming Meetings

**April 24, 2007**

**May 22, 2007**

**June 26, 2007**

**July 24, 2007**

**August 24, 2007**

**September 25, 2007**

**October 23, 2007**

Meetings are held the  
fourth  
Tuesday of every month at  
**Arnold Palmer Hospital**

Classrooms 1& 2  
92 W. Miller St.  
Orlando, FL 32806



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