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Turning Point Reiki offers deep relaxation

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In an offbeat way, JoAnn Duncan's son's allergies have led her to a career. Ms. Duncan is a master teacher and practitioner of **Reiki**, the Eastern art of healing through relaxation and the laying on of hands.

She recently opened a home office in Ridgefield, Turning Point **Reiki**, where she both practices and teaches **Reiki**.

Reiki helps reduce pain and stress and also boosts the immune system, she said.

Ms. Duncan started practicing **Reiki** in 1997 after her son was born with allergy-related asthma. Told that he would need to be on many medications as a baby, she looked outside of conventional medicine for a remedy and found **Reiki**.

She first consulted with a naturopathic doctor, whom she said she found helpful, and then a friend tried **Reiki** on her son during an asthma attack.

"I couldn't believe how quickly he got over it," she said. She was so impressed that she decided to learn **Reiki** herself.

"For me **Reiki** was a turning point in my life," she said. "I loved it so much, I really felt called to do it."

Healing energy flow

Ms. Duncan became a **Reiki** master in 2000. She worked in Norwalk Hospital in the cancer ward before she opened her home office in town.

Reiki has been proven to help cancer patients with the side effects of chemotherapy, she said. "We did a questionnaire. Close to 100% of the respondents experienced an immediate effect. There was definitely a benefit."

Reiki is based on the Asian concept of "chakras," she said. "Chakras means energy center."

"You work on a fully-clothed person on a massage table or sitting up. I work primarily on the seven main chakras. A lot of the background is from Asia. The goal of a **Reiki** session is to eliminate energy blockages or stagnation in energy so that each chakra is open,

balanced and has good energy flow so that your body can heal itself - it's the same concept as acupuncture - to get good flow," she said. "Asians believe proper energy flow is so important to health.

"What **Reiki** does is bring deep relaxation," she said. "Every time you come for a session, something gets healed."

A full **Reiki** session is hourlong, and the cost is \$80, she said.

For more information or to make an appointment, call 438- 3050 or e-mail Jduncan@turningpointreiki.com.

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