

## Brochures to Order or Print from the Website

- ABIN-PA Services
- Brain Injury Basics
- Building New Lives
- Changes in Your Loved One
- Children Require Rehabilitation
- Criminal Justice
- Customer Service
- Definitions
- Discharge Planning
- Domestic Violence
- Everybody Knows Somebody
- Families
- Financial Planning
- Healing Strategies
- Law Officers: Info & Strategies
- Medication Record
- Partnering with Professionals
- Planning Your Recovery
- Professionals You May Meet
- Public Benefits
- Rehabilitation
- Seniors
- Sports
- Suicide Prevention
- Telephone Book
- Veterans

## Brain Injury Resources

- ABIN-PA InfoLine 800-516-8052  
[www.abin-pa.org](http://www.abin-pa.org)
- Area Agency on Aging (phone book)
- BIAA Help Line 800-444-6443  
[www.biausa.org](http://www.biausa.org)
- BIAPA Resource Line 866-635-7097
- Brain Injury Help Line 866-412-4755  
(PA DOH free literature, books)
- CHIP 484-477-2948  
(Children's Health Insurance Program)
- Disability RightsNetwork  
(SpEd,TBI,SS) 800-692-7443
- Elks Nurses (PA) 814-781-7860  
(care plan if disabled before 22)
- Head Injury Program 717-772-2762  
(1 year of rehab, \$100,000 max)
- Health Law Project 800-274-3258  
(help with public benefits)
- Legal Aid (PA) 800-322-7572
- Meals on Wheels [www.mealcall.org](http://www.mealcall.org)
- Medicaid Waivers 877-550-4227  
(Help at home, COMMCARE)
- Medical Assistance 866-542-3015  
(some adults, all disabled children)
- Medicare Coverage 800-633-4227  
(24/7 line, A & B in-home services)
- Medicare Denials 800-322-1914
- Social Security 800-772-1213  
(survivors, disability, low income)
- Special Ed Consult Line 800-879-2301
- Special Needs Help 800-521-6860  
(Medicaid rehab for children)
- Vocational Rehab [www.dli.state.pa.us](http://www.dli.state.pa.us)

# HOLISTIC HEALING FOR BRAIN INJURY SURVIVORS



ACQUIRED BRAIN INJURY  
NETWORK OF PENNSYLVANIA  
Office: 1-215-699-2139  
Messages: 1-800-516-8052  
Fax: 1-215-699-5139  
Email: [info@abin-pa.org](mailto:info@abin-pa.org)  
Website: [www.abin-pa.org](http://www.abin-pa.org)

## Holistic Healing

Conventional medical care saves many lives that would otherwise be lost. Once conventional medical care accomplishes what is possible after brain injury, you may be drawn to explore holistic options. There are many different options but most stimulate the self-healing capacity of the body.

Here are a few pointers to help you make the best of your situation by respecting the role of medical care while looking for further recovery.

## Healing Strategies and Medical Care

Talk to your doctor before trying any holistic healing options. Ask if your plans will interfere with your medical treatment. If your physician doesn't object, try one option at a time so you can tell what is helpful. Keep your doctor aware of any changes.

These forms of healing do not take the place of medical care. Be sure to get the medical treatment you need. Follow the advice and direction of your physician. Do not change your prescription medication without talking to your physician.

## A Few Holistic Options

Acupressure, Acupuncture, Alexander Method, Art, Art Therapy, Ayurveda, Behavioral Optometry, Biofeedback, Chiropractic, Cranio Sacral Therapy, Ecological Medicine, Feldenkrais, Feng Shui, Herbs, Homeopathy, Hyperbaric Oxygen Therapy, Interactive Metronome, Jin Shin Jyutsu, LENS Neurofeedback, Massage, Meditation, Music, Music Therapy, Neurofeedback, Nutrition, Oriental Medicine, Organic Whole Foods, Orthomolecular Medicine, Pet Therapy, Polarity, Qi Gong, Recreation Therapy, Reflexology, Reiki, Shiatsu, Sound Therapy, Supplements, Tai Chi, Therapeutic Riding, Therapeutic Touch, Touch for Health, Trager, VitalStim, Yoga

### Hyperbaric Oxygen

In [www.abin-pa.org](http://www.abin-pa.org), Library, scroll down to the hyperbaric oxygen section for the SPECT scan report on brain regeneration and the 15 minute video of Curt Allen's 10 month recovery.

### Homeopathy

For the NIH pilot study on brain injury, go to the Journal of Head Trauma Rehabilitation article on the website of the National Center for Homeopathy.

## Learn About Options in Holistic Healing

1. Search the Internet
2. Go to [www.abin-pa.org](http://www.abin-pa.org) and check out Links, Alternatives
3. Personal recommendations
4. Attend classes or seminars
5. Read books
6. Interview practitioners
7. Ask your physician

## Questions to Ask A Practitioner

1. Are there any contraindications?
2. How much is each session?
3. How many sessions are needed to find out if this is helpful?
4. Are there other costs?
5. What is the total amount?
6. Are there papers to sign?
7. Will you be asking me to pay for more than one session at a time?

## Questions to Ask Yourself Before Starting

1. Is this OK with my physician?
2. Can I afford it?
3. How long shall I plan to try this choice?
4. Should I really sign anything?
5. Should I really pay for more than one session at a time?