



As Plain as the Nose on My Face

HOW A CERTIFIED PUBLIC ACCOUNTANT ACCIDENTALLY
BECAME AN ENERGY MEDICINE SPECIALIST

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"The only things certain in life are death and taxes."
— Benjamin Franklin

At the age of ten, I watched the nurse remove my grandfather's IV and switch-off the monitors that no longer had a pulse to track. Gazing-down from the ceiling of his hospital room, I witnessed this scene. When I told my dad the next day, he said I must have picked-up the phone when the call came during the night telling us of Grandpa's death. If I merely overheard the late night call from the hospital, then how did I know the nurse was wearing a pink cardigan?

When I was in fifth grade I told my mom the address – along with a detailed description of the grounds – of a house where she was to pick-up my brother after a sleepover. This happened the night before we actually drove to and found – just as I described – the location neither of us had previously visited.

I was not aware if other people in my hometown saw colors, rays or auras emanating around plants, animals or humans. I stopped paying attention to my extra-sensory perceptions and thirty years passed before I met scientists presenting research relating to 'precognitive' experiences like the ones I had as a child..

In college I studied economics and business, earning a Bachelor of Business Administration (BBA) in Accounting with high honors. Upon graduation I worked as an auditor with a multinational accounting firm. Simultaneously, I served as treasurer and

board member for several non-profit organizations and as a lay minister conducting chapel services in hospitals. Later I volunteered on a hospital-based rape crisis program in New York City and slept in a shelter for homeless women as a volunteer house manager in Brooklyn.

In my career, I helped non-profit organizations with missions ranging from handicapped equestrian learning programs and social justice 'anti-bullying' education, to fundraising for long-term and hospice nursing care. My company provided audit, operational, compliance and financial reporting services for technology start-ups and healthcare improvement projects. These accounting clients led me into new and emerging industries and ideas. In each endeavor, I met successful leaders at the peak of their professional and vocational careers. Each was dedicated to the relief of suffering yet none mentioned energy medicine.

Then I broke my nose.

A colleague who had recently recovered from a mastectomy urged me to see a Registered Nurse (RN) for what she called "surgical preparation and support." That began my journey with homeopathy and energy medicine in health care. I became a clinical 'trial of one'. Energy medicine accelerated my healing and allowed me to meet the deadlines of the hospital cost-reporting project I was supervising, despite my traumatic impact injury.



The RN, to whom I was referred by my friend, was also a doctor of naturopathy or ND. I received 'spagyric' remedies with names like Lymph Drainage and Immune Support. My friend swore her own post-surgical pain, bleeding, swelling and bruising were reduced as a result of taking such remedies. They were clear liquids with a faintly sweet taste and fell into what I personally called "chicken soup – can't hurt, might help." I placed these drops under my tongue several times a day as directed.

"Everything is Energy." – Albert Einstein

My chiropractor could not comprehend how the forceful impact that broke my nose did not damage my cervical spine. Several x-rays were taken of my

techniques. I completed a 500-hour medical massage program and now hold a state license in massage therapy in addition to my CPA license.

"Love is inventive even unto infinity."
– St. Vincent de Paul

The Daughters of Charity also changed my concept of healthcare. Sister Mary Rose McPhee was the CEO of a hospital system where she founded a spirituality center across from the main facility to provide 'care for the caregivers.' We met when she spoke on a business panel. She took my hand in hers and invited me to work with her. In the 1600's the Daughters began ministering to the starving and dying, they only formed hospitals to minister to the needs they identi-

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neck, spine and then – my face. The three doctors examining me were unanimously perplexed that I was pain-free. They called it "naturally anesthetized." These physicians suggested (since I felt no pain) I could move the nose around until it looked straight and tape it in place. I purchased the tape they suggested and repositioned my nose while looking into a mirror. During this same week, another woman my age began treatment with my chiropractor after a cycling accident. Her injuries included a similarly broken nose. He was intrigued that my swelling and bruising resolved in less than a week, while hers remained for more than a month. I did not miss a day of work, I did not take pain medication and I paid for the energy medicine care out-of-pocket.

When I was finally seen by an ear, nose and throat specialist for a pre-surgery exam, I was sent home to continue the healing regimen that had promoted the unusually impressive results. My business training and experience taught me to identify, verify and track operational impacts from start to finish - implementation through financial reporting. Beginning with my broken nose, and in the decade since, I have researched over 70 different energy medicine technologies ranging from electrical, bio and neuro-feedback equipment, to hands-on therapy

fied in their communities. The Daughters with whom I worked expressed confidence in the belief that if their hospitals closed because people were well, then they would surely be called to other forms of service.

I took my first class in holistic touch in that hospital based spirituality center from a nun who also had a Master of Business Administration (MBA). Like me, her analytical mind was initially skeptical of how gestures that looked like hands-waving-in-the-air could improve health. The experience that shifted her understanding happened when a transplant patient began rejecting her organ. The nun was called to the single mother's bedside where she performed the same techniques she was teaching in class. The patient's prognosis reversed and she survived. Combining with the nun's business knowledge, this experience with Healing Touch was the catalyst for her to create new nursing policies for the delivery of holistic touch in hospitals.

Though the training was offered as continuing education for clinical staff and I was a financial consultant in the hospital system, I was allowed participate. The five consultants in my department collected ideas, researched expenditures and staffing impacts;



calculated projected returns on investments; provided the project management for implementation, the performance tracking, as well as, the financial reporting for ideas intended to improve quality and safety and reduce costs of care. These initiatives were known as 'value propositions.'

The Daughters were unusual in healthcare because if God's people were no longer sick then they would find other needs to meet. Their hospitals provided care to the unfunded – the term for uninsured patients. Their clinics and hospitals delivered care regardless of the customer's ability to pay. In such a business scenario, interventions that improve outcomes, decrease length of stay and contribute to continued wellness directly reduce losses incurred from unreimbursed care. So, it was the Daughters who first encouraged me to research the financial benefits of integrating energy therapies into hospital operations.

Before my work on this Integrated Model of Medicine was put into practice, a family health concern prompted me to relocate. A surgeon on the care team for my family member shared my interest in integrating energy medicine into hospitals; together we developed a business plan involving biofeedback. While the surgeon remained hospital-based, I designed and built a private research office with funding from angel investors.

My interpretations of the data collected from nearly 1,000 sessions with over 400 clients directed my attention away from high-tech electrical equipment to high-touch manual therapies. I shifted my focus from designing a suite of biofeedback machines for workplace wellness to skills that could be delivered at home, on playing fields and trauma sites lacking utilities. I specifically chose to pursue certification through Healing Touch Program™. I entered the field of energy medicine accidentally and continued to simply follow measurable, reproducible results. Since my first college courses on the subjects, ethics and scope of practice have been ingrained in my work. Though less familiar to the general public (and not yet offered as a degree program), Healing Touch Program™ continues to develop professional standards needed to bring energy therapies into the mainstream alongside current medical approaches.

Though my vision for energy medicine as an integral component of surgery and medical services began as a hospital's financial consultant, I currently work in an integrative clinical environment as an energy medicine instructor and practitioner. I administer Healing Touch and biofeedback training to patients referred to me by physicians and chiropractors. I teach children and their parents about the healing in their hands. I even practice in joint sessions with an obstetrician/gynecologist trained in medical acupuncture. Clients regularly report that the combined sessions of these energy therapies reduce the negative side effects of surgery and cancer care including chemotherapy and radiation.

I smacked my face on the deep-end of a pool, severing my nose cartilage, and started myself on a journey of discovery. My path began with my own experience, and continued through a hospital system and a privately funded research center. I apply the principles of energy medicine and Healing Touch for my self-care, as well as, for the care of others daily. Several integrative medical centers across the country now embrace a wide spectrum of treatments options. Together, energy therapists and medical professionals are delivering a new standard of care utilizing non-invasive therapies in conjunction with the valuable tools of imaging, surgery and pharmaceuticals.

Chronic stress impairs the body's ability to perform efficiently and heal appropriately. Energy medicine is non-invasive. The treatments reduce habitual stress patterns, accelerate healing and improve outcomes. In a culture where anxiety is epidemic and the economics of caring for an increasingly obese and worried population are not sustainable, energy medicine therapies are enhancing patient centered care and accountability for wellness. Healing Touch belongs at the forefront of the continuum of care because it effectively produces the sensations of relief and calm necessary to regulate stress responses and support the body's innate healing abilities. Powerful options for improved care are as close as our fingertips. 