



# Energy Medicine: Enhanced Wound Healing Through Biofield Therapy

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Energy medicine, also called biofield (energy) therapy (BT), is gaining acceptance in the mainstream medical community. BT techniques consist of Reiki, Therapeutic Touch (TT), Healing Touch and many other energy-based approaches to healing. These BT approaches utilize the channeling of natural earth energy (also referred to as Universal Energy) to enhance the healing process by restoring balance to the human energy biofield (Laffey, Briedenbach, & Niezgoda, n.d.). Many clinicians now consider BT as a viable complementary therapy that can be integrated into the treatment plan for a variety of acute and chronic conditions. One such condition where BT has been implemented yielding positive outcome results is with wound care and the management of wounds.

Improved immune system function has been realized in individuals who have received BT as well as by those who practice BT. They often report experiencing an enhanced resistance to colds and feeling healthier and more invigorated. Therefore, wound healing (which relies on a healthy immune system) will also be enhanced with improvements in the immune system gained from BT. Hover-Kramer (2011) substantiates this viewpoint, explaining that people who have received Healing Touch are presumed to have enhanced immune system function and health as they note feeling more robust, healthier and able

to ward off colds and the flu much easier. With that said, it is a compelling argument to suppose that with an enhanced immune system, one would see accelerated wound healing in patients who receive BT.


There are many underlying factors that can also negatively affect the healing process in wounds (poor circulation, diabetes, diet and advanced age), making some wounds very difficult to resolve. This will ultimately impact patient comfort and overall treatment costs. However, recent Healing Touch and BT studies have shown remarkable wound healing changes after several Healing Touch treatments, even in patients with other chronic conditions, prompting further study of energy therapies. Laffey et al. (n.d.) concluded from their study of Healing Touch in 2007 at the Centers for Comprehensive Wound Care and Hyperbaric Oxygen Therapy in Milwaukee, Wisconsin, that combining traditional wound care techniques with an energy-based BT technique can deliver positive wound healing outcomes and results that ultimately enhance the wound healing process for many patients.

Additionally, patients with complex wounds may also experience other wound-related symptoms that can hinder the healing process. With complex wounds, such as burn injuries, pain is the most common and overpowering symptom that can be very difficult to

treat. Burn injuries cause the pain receptors to be continually activated in the affected tissue causing excruciating pain. When the pain remains unrelieved, it can lead to a cascade of other issues such as larger sensory problems and mental health issues including stress and anxiety, eventually impacting the healing process as well (Goodwin et al., 2014).

Another common symptom of wound healing that can hinder the healing process is pruritus or the intense itching of the skin that occurs when a wound heals. Pruritus, with that intense desire to scratch, can be associated with symptoms of depression and anxiety, impairing the overall quality of life for a patient (Goodwin et al., 2014). Healing Touch, TT and Reiki are some of the BTs that can be integrated into the treatment plan as a catalyst for producing a sense of relaxation for the wound care patient. The relaxation produced can help to alleviate patients' anxiety and stress, resulting in an improvement in their overall well-being. BT can also be an essential distraction strategy to aid in reducing the pain experienced from burn injuries (Goodwin et al., 2014). Combining BT's ability to produce relaxation with a reduction in the pain experienced, a BT practitioner can be integrated into the care plan to assist in creating a holistic healing environment for the patient necessary for enhanced wound healing.

As energy medicine and BT gains further acceptance in the mainstream medical community, we can begin to see its use expanding to treatment areas such as wound care. BT is designed to provide a whole person experience that can deliver relief for a variety of symptoms and conditions. The offering of integrative treatment options to patients (options like BT) will likely generate a more positive patient experience, decreasing the pain, stress, anxiety and discomfort normally endured during the treatment of simple to complex wounds. This results in enhanced wound healing outcomes and a better whole-person approach for the patient. €

 Author Richard Soehl has been working with energy healing modalities since 1994.

## References

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