



# Energy Medicine: The Scientific Basis

LOOKING AT MEDICINE THROUGH THE LENS OF ENERGETICS IS LIKE OPENING THE FRONT DOOR IN SPRINGTIME AND ALLOWING THE FRESH AIR AND THE SCENT OF SPRING FLOWERS TO COME IN. FOR ENERGY MEDICINE HAS GONE THROUGH A COLD WINTER OF CONFUSION AND MISUNDERSTANDING, AND THAT SEASON IS NOW BEHIND US.

*~from the Preface to the Second Edition*

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Energy Medicine: *The Scientific Basis* was published by Churchill Livingstone in the year 2000. Much has happened since then, and a second edition is nearly ready for publication. Here I comment on a few of the major stories that have emerged since the first edition was published. These stories have fascinating and exciting implications for the Energy Medicine community.

Personally, the response to the first edition has been very gratifying. The happiest part is that many therapists who use energy tools felt - for the first time - that their work had some validation from science. For many this was a turning point in their careers, because of the skepticism and even rejection that had plagued them in the past. Because of this book, which some people said could never be written, I have lectured and given workshops throughout the United States and in about 25 other countries. I have even met physicians who give a copy of the book to each of their patients because they want to spread the word about the future of medicine. Energy Medicine has definitely become the new medicine.

Research and clinical experiences from around the world have enabled energy medicine to take its place



among the dominant academic disciplines, on a par with physics, philosophy, astronomy, pharmacology, orthopedics, and so on. As an academic discipline, energy medicine is a mature and multi-disciplinary endeavor and is firmly supported by, and supports the other well-established disciplines.

The trend is clear. Conventional medicine and patients have begun to recognize that various energy medicine techniques can be used to successfully treat some of the most costly, debilitating and painful disorders. Energy Medicine is gradually being incorporated into conventional American and international medical facilities. Major medical centers and many smaller hospitals now have departments of Integrative Medicine. All 18 hospitals on U.S. News's recent 'America's Best Hospitals' super-selective 'Honor Roll' provide some form of complementary and alternative medicine.

One of the major discoveries in the last decade is documentation of what every energy therapist knows -- the human body is astoundingly sensitive and responsive to very tiny inputs of energy. This sensitivity enables skilled therapists to interact with their patients in profoundly effective ways through subtle energetic techniques.



We now have a scientific understanding of how the body is so sensitive to tiny energy fields. The specific targets are particular proteins in the membranes of every cell in the body. Technically, they are called voltage gated calcium channels. Each of these proteins weaves back and forth across the surface of the cell 24 times. They regulate countless vital processes (Pall, 2013).

There has been a lot of confusion in the past because scientists could not understand how minute energy fields such as those from the hands of a therapist

Pall had to wait until he retired from the academic “rat-race” before he could take the time to fit the pieces together. His report has one of the most interesting statements I have read in a long time:

*It may be surprising that the answer to this question [subtle energy effects] has been hiding in plain sight in the scientific literature. However, in this era of highly focused and highly specialized science, few of us have the time to read the relevant literature, let alone organize the information found within it in useful and critical ways.*

*It may be surprising that the answer to [subtle energy effects] has been hiding in plain sight in the scientific literature.*

could possibly have any effects on physiology. At the same time, scientists have been puzzled by the sensitivity some people have to fields such as those produced by Wi-Fi, cell towers and household electricity. Anyone who still doubts that these effects are real, or that the topic is controversial, needs to watch a presentation at an international conference held in Barcelona on November 23, 2013.

The presentation is by Professor Olle Johansson, a Neuroscientist at the Karolinska Institute in Stockholm. He is one of the foremost authorities on health effects of electromagnetic fields, with more than 30 years of epidemiological and neuroscience research and hundreds of publications on the subject (Johansson 2013). Another valuable resource is the Biointiative Report edited by Sage and Carpenter (2012), which considered about 1800 biomedical research publications issued in the last five years. There is more than enough evidence that environmental fields interact with fundamental biological processes. We now understand how the body is so sensitive to either beneficial or harmful frequencies.

Dr. Pall is Professor Emeritus of Biochemistry and Basic Medical Sciences at Washington State University in Pullman. His work has been instrumental in helping us understand so-called “unexplained illnesses” such as chronic fatigue syndrome, multiple chemical and electromagnetic sensitivity, fibromyalgia, post traumatic stress disorder, Gulf War syndrome, neurodegenerative diseases and many others. All of these conditions - and probably many others - involve disruptions of vital regulatory networks in the human body. These conditions have been mysterious and difficult to diagnose and effectively treat, in part because symptoms can vary widely among sufferers of the same condition. The explanation is that the disruptions can be local, meaning that one tissue is impacted while an adjacent tissue is not. Variation in the distribution of tissue effects leads to an almost infinite variety of signs and symptoms, creating a bewildering challenge for physicians attempting to treat these mystery conditions.

A side-effect of the work of Pall and others is a deepening scientific basis for holism or wholism – the philosophy that defines and guides many of the complementary and alternative and integrative thera-



pies and that have a firm scientific foundation from Energy Medicine.

A related discovery is the identification of inflammation as the cause of most if not all of the chronic diseases. Inflammation is an energetic condition. The modern surge in research on inflammation began in part with a discovery by cardiologist Paul M. Ridker and his colleagues at Harvard Medical School. Suspecting that inflammation is involved in cardiovascular diseases, these researchers measured the levels of inflammatory markers in a study of 28,263 apparently healthy postmenopausal women over a period of three years. They assessed the risk of cardiovascular events associated with a variety of established inflammatory markers. Of 12 markers studied, high-sensitivity C-reactive protein (hs-CRP) proved to be the best risk predictor for cardiovascular events (Ridker et al, 2002). It was found that hs-CRP is a potent risk factor for cardiovascular disease, the number one killer world-wide.

This was the beginning of one of the most exciting developments in biomedicine and energy medicine in recent years. The study of inflammation has become one of the most active areas of biomedical research, with some 400,000 peer-reviewed studies completed during the period 1967 - 2012. These numbers come from the National Library of Medicine database known as PubMed. Recognize that each of these studies represents an enormous investment in time, money, expertise, and plain hard work to achieve acceptance in a peer-reviewed journal.

This growing body of research can be summarized with the statement that many and perhaps all of the chronic diseases and disorders that plague modern society, and that are the most costly in terms of money and human suffering, have a common cause, and that cause is best described in terms of energetics. Treating patients with chronic diseases accounts for 75% of US health-care spending, which is expected to be \$3.8 trillion in 2014. All of these conditions are

energetic in nature, and respond poorly to treatments that leave energy out of the equation. While many rigorous and well-controlled studies correlate inflammation with virtually every chronic disease, including all of the diseases of aging, much less is known about the reasons for these correlations. I have been personally involved in research that is revealing the reasons for these correlations and the mechanisms that explain how energy medicine can prevent and treat inflammatory conditions. The second edition of *Energy Medicine* details what we have learned about the energetic aspects of inflammation and how many of the hands-on, energetic and movement therapies are able to produce dramatic effects with gentle, natural and completely non-invasive approaches.

These discoveries come at a time when the use of pain medications is being discontinued because of their side effects, starting with the Vioxx affair in 2004. The Institute of Medicine has determined that chronic pain affects about 100 million American adults and costs the nation up to \$635 billion each year in medical treatment and lost productivity. Recommendations for solving this problem, in their report, *Relieving Pain in America*, include calls for the usual blueprints -- prevention, care, education and research. Scant attention is given to the real solution to the problem of pain -- Complementary and Alternative Medicine. The reason Energy Medicine practitioners are so successful in treating pain is that they address the causes of pain and disease, while conventional medicine focuses mainly on the treatment of symptoms, allowing causes such as inflammation to linger until they evolve into debilitating chronic issues. Recognition of the reality of this situation is the basis for a long-overdue shift in health care world-wide.

One approach to pain is extremely simple and can be done by anyone at any time by removing shoes and socks and walking barefoot on the grass. Many of the alternative therapies have a concept of the importance of grounding, and how "ungrounded"



patients look and behave. Now we understand precisely what this means. The surface of our planet is an abundant source of electrons, which are nature's best anti-oxidants (Oschman, 2007). Moreover, a consistent observation is that grounding the human body normalizes physiology by equilibrating every part of the body with the electrical potential of the earth. This is a natural condition that was disrupted in the 1950's when we substituted insulating materials such as rubber and plastic for leather for the soles of our shoes. In the 1950's, 95% of shoes had leather soles. By the early years of the 21st Century, 95 % of all shoes sold had synthetic soles! This simple change in life-style introduced electronic imbalances that can have a wide range of physiological effects.

Grounding or Earthing stabilizes the electrical environment for all physiological and regulatory processes within us. In her infinite wisdom, Goddess placed the beginning of the acupuncture meridian system, well-known as Kidney 1, on the ball of the foot, the perfect place for every step we take to permit electrons to flow from the earth to every nook and cranny of our bodies. Modern shoe design deprives us of this essential "nutrient." Go barefoot! It could save your life, and it could enhance your therapeutic effectiveness!

Our research team made the following discoveries about Earthing, given in the order in which they were made:

- Improved sleep
- Reduced pain
- Reduced inflammation
- Relaxation
- Accelerated healing of injuries
- Increased heart rate variability
- Less clumping of red blood cells
- Reduced blood viscosity

The benefits of Earthing or Grounding are documented in the book, *Earthing: The most important health discovery ever!* (Ober, Sinatra & Zucker, 2014). This book has now been translated into 12 languages.

Connecting with the earth is one of many wise energetic practices, and the second edition of *Energy Medicine: The Scientific Basis* has a final chapter devoted to Energy Medicine in Daily Life. It describes some of my favorite energetic practices that can be of enormous benefit to you and to your patients/clients.

*The study of energy medicine will give you a clearer picture of the world around and within you. The information can make a huge difference for your personal health and happiness and your comprehension of nature and of exciting new energy medicine clinical tools should you need them.*

I detail the reasons for becoming familiar with the benefits of aromatherapy, essential oils and herbal medicines. I regard these as frequency medicines. We usually think of the components of these remedies diffusing through the body to the places they are needed, but they are so quickly effective that I now think it is the frequencies produced by the molecules that produce the effects. Furthermore, tissues are transparent to these frequencies, meaning that they can reach the places they are needed virtually instantaneously, at the speed of light. This is, in fact, how our regulatory networks operate.

As an example, the loss of effective antibiotics is undermining our ability to fight infections. Methicillin-Resistant *Staphylococcus Aureus* (MRSA) is an important example. When first-line and then second-line antibiotic treatments fail, physicians are forced to use antibiotics that may be more toxic, more expensive and less effective. Conventional treatments cost billions of dollars worldwide each year; some \$34 billion per year in the US alone. In the meantime, essential oils have been demonstrated to have antimicrobial properties, including effectiveness for MRSA. But these methods are rarely used in hospitals, mainly because physicians are not aware that there is so much scientific evidence regarding their safety and efficacy. Educate them!



Medicinal herbs are also on the energetic “bucket list.” The World Health Organization estimates that 80% of the populations of some Asian and African countries presently use herbal medicines as part of their primary health care. This is another vital branch of Energy Medicine.

Scientific study of herbal medications is a fascinating topic, and many good reports have been published (PubMed has more than 22,000 entries as of the end of 2013). Anyone recommending the use of botanicals or dietary supplements is advised to look into this growing scientific literature for a substance’s

human body. This fluid has extraordinary properties.

Healthcare practitioners throughout Europe have used marine plasma for over 100 years, but until recently, Quinton’s discoveries and publications have remained un-translated and virtually unknown to the English-speaking world. Quinton repeatedly demonstrated that children with growth abnormalities often developed normally after injections of isotonic seawater obtained by his methods. The cold filtered and sterile solutions contain 72 elements, and for most people drinking this fluid gives their bodies their first experience of nearly all of the elements in the periodic

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safety and effectiveness, possible adverse reactions, the risk-benefit profile, and potential herb-drug interactions. Herbal use is controversial in part because of widespread exaggerated claims of clinical efficacy and safety (Owens et al., 2013). It is always dangerous to exaggerate claims because it can divert a patient from conventional medicine when they really need it. Any health claim can bring a response from the Food and Drug Administration (FDA). Always be careful about what you claim!

Another important but often neglected aspect of energy medicine involves marine plasma, a reliable source of essential trace elements that can make a huge difference in one’s life and health. I specifically refer to the ‘marine plasma’ obtained by the methods described by René Quinton. In 1897, Quinton discovered, harvested, and purified seawater from special ‘blooms’ he discovered in the ocean. At any time, there are a half-dozen or so of these blooms around the world, visible from satellite imaging. These oceanic vortices are teeming with life, and are unbelievably rich in micronutrients. Quinton referred to this as ‘marine plasma’ because it is isotonic with blood plasma and can therefore be injected directly into the

table. I recommend that every patient be given a vial of Quinton isotonic marine plasma before they receive any form of energy healing. You will probably notice that their energy circuits work better.

A final word about quantum physics is essential. This is a subject that is becoming extremely important for all aspects of energy medicine. It is not an easy subject, but one that all of us must study to keep up with the new medicine that is emerging. I recommend two sources of fascinating information. One is a book about quantum field theory by Rodney Brooks, *Fields of Color: the theory that escaped Einstein*. Brooks presents quantum field theory in a non-technical but accurate manner that will enlighten both the general public and professional scientists. Anybody who wants to understand quantum physics should read this book.

Another profoundly important article has been published by Marco Bischof and Emilio Del Giudice (2013). Reading this article is challenging, but it is worth the effort. If you want to be ahead of the curve, study this article. I am on my fifth read! €



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