



The Energy Medicine Revolution

There are four fundamental scientific foundations upon which energy medicine is based, which not only prove the reality of a subtle human energy system but also its link to health and disease. There are also 6 pillars of energy medicine that distinguish it from Western medical approaches to healthcare, and position it as the most viable solution to the current healthcare crisis. Although Energy Medicine has been a popular therapeutic approach to healing for thousands of years, it has only been within the past few decades that technology has proven, beyond theory, the existence and effectiveness of energy medicine in both diagnostic and therapeutic activities. **Welcome to The Energy Medicine Revolution!**

A Scientific Definition of Energy Medicine

Energy medicine is defined as the diagnostic and therapeutic use of energy, whether detected by or produced by a medical device or by the human body, and is based on the supposition that illness results from disturbances in the body's energies and energy fields and can be addressed via interventions into those energies and energy fields.

"The most well-documented energy fields are the bioelectric flows produced during the functioning of organs such as the heart, brain, and muscle. They are known in clinical medicine by the technologies that measure them – the electrocardiogram, electroencephalogram, and electromyogram."

~ James Oschman, PhD., Energy Medicine: The Scientific Basis

The 4 Pillars of Energy Medicine

The 4 scientifically proven pillars upon which Energy Medicine is based include, 1) the existence of a subtle human energy system, 2) disturbances in these subtle energies can result in physiological symptoms, 3) the human body has self-healing abilities, and 4) when natural healing functions are compromised, exogenous energy frequencies can stimulate the healing process.

"In the last two decades nearly all tissues have been proven to produce or carry various kinds of electrical charge."

~ Dr. Robert Becker, M.D., The Body Electric

"Electricity flows through the body, with the heart registering the highest electrical activity (emitting 2.5 W, it produces 40-60 times more electricity than the brain)."

~ Leonard Wisneski M.D., The Scientific Basis of Integrative Health

"Very weak energy fields at the appropriate frequencies can be profoundly therapeutic. Other frequencies can produce pathophysiological responses. While it may go against intuition, it appears that, within limits, it is not the strength of the signal that determines whether it will be beneficial or harmful, but instead it is the frequency."

~ James Oschman, PhD., Energy Medicine: The Scientific Basis

"Clinical experience has revealed that specific microcurrent frequencies applied to appropriate places on the body are highly effective at reducing pain and inflammation in a wide variety of conditions."

~ James Oschman, PhD., Energy Medicine: The Scientific Basis

"Researchers are investigating the interaction between exogenous and endogenous electromagnetic fields and the use of various frequencies of electromagnetic energy as a conduit for healing."

~ Leonard Wisneski M.D., The Scientific Basis of Integrative Health

The 6 Principles of Energy Medicine's Success

Energy Medicine challenges the biochemical paradigm that has dominated conventional medicine by focusing on the energetic aspects of the human body rather than just the chemical. Although energy medicine represents only a small fraction of 1% of the \$2.2 trillion healthcare industry, 6 properties of energy medicine give it strengths that could augment conventional health care models, and distinguish it as the leading therapy of the future. These include the ways energy medicine (1) can address biological processes at their energetic foundations (*reach*), (2) regulates biological processes with precision, speed, and flexibility (*efficiency*), (3) fosters health and prevents illness with interventions that can be readily, economically, and noninvasively applied (*practicality*), (4) includes methods that can be used on an at-home, self-help basis, fostering a stronger patient-practitioner partnership in the healing process (*patient empowerment*), (5) adopts non-linear concepts consistent with distant healing, the healing impact of prayer, and the role of intention in healing (*quantum compatibility*), and (6) strengthens the integration of body, mind, and spirit, leading not only to a focus on healing, but to achieving greater well-being, peace, and passion for life (*holistic orientation*).*

* Six Pillars of Energy Medicine: Clinical Strengths of a Complementary Paradigm, By David Feinstein, PhD; Donna Eden. Alternative Therapy Health Med. 2008;14(1):44-54.)