

Healing Touch Energy Therapy



The practice of medicine is undergoing a significant transition. Not only does science now accept the need to look at illness care, it is also imperative a closer look be given to what is described as 'energy medicine' and its impact on health and well-being.

The National Institutes of Health is a part of the Department of Health and Human Services and is considered the largest biomedical research agency in the world (<https://www.nih.gov/about-nih>). In 1994 a panel of scientists at the National Institute of Health chose the word "biofield" to describe the field of energy and information that surrounds and interpenetrates the human body (www.ncbi.nlm.nih.gov/pmc/articles/PMC4654789/).

Acknowledgement now exists within the scientific community there is indeed a biofield of human energy (life force) that impacts the body's natural ability to heal. Conventional medicine is expanding its model of medical practice to include integrative medicine that does not just include disease treatment but also includes diverse therapeutic approaches to offer more choices for patients. These expanded choices now include energy therapies that were previously excluded as not valid, reliable or even real by conventional medicine.

Because of the increased knowledge and understanding of the low-level signals emitted by the human energy field, alternative therapies have emerged with more comprehensive understanding of how the human energy field operates and contributes to opportunities for greater health and healing. One of these energy therapies is Healing Touch that offers those in need of a path to healing.

Healing Touch© is an evidence based, nationally accredited energy therapy that supports overall health and well-being. It is a non-invasive, non-toxic and effective way to supplement one's quality of life whereby practitioners use their hands to restore harmony and energetic balance in the human energy field.

All energy therapy modalities (Healing Touch, Reiki, Kinesiology, Qigong and Acupuncture) work within the HEF (human energy fields) to restore and rebalance the life force in order to promote health and well-being. Healing Touch is an energy therapy that is beneficial in the following ways:

- ◆ Pain and stress relief
- ◆ Strengthens the immune system
- ◆ Reduce the effect of chronic pain and trauma
- ◆ Accelerates healing
- ◆ Support for chemotherapy patients

The application of energy healing is continuing to evolve within the family of healing energy practices. Energy healing has been practically used since ancient times. As deeper and more comprehensive understanding of how energy healing may be applied, new constructs will continue to evolve that will

make the “laying on of hands” more common allowing the bridge between the mind and body to create a pathway to greater health and wellness no matter the illness.

References

Rubik, B., Muehsam, D., Hammerschlag, R., & Jain, S. (2015). Biofield Science and Healing: History, Terminology, and Concepts. *Global advances in health and medicine*, 4(Suppl), 8–14. doi:10.7453/gahmj.2015.038.suppl

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