

The Influence of Reiki on Post-op Recovery, and NVLD Students, in the Considerable Reduction of “As Needed” Pain and Mood Enhancement Medications

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Description

In 1999, I volunteered my services as a Reiki practitioner to a local hospital in Hartford Connecticut. To introduce Reiki (energy work or healing touch therapy) to the nurses and staff, for post-op cardio and neo-natal recovery patients; which they chose as the test subjects. The objective was to show a reduction in “as needed” pain medications, and a reduction in recovery time. Over a period of a year, the tending nurses recorded the amounts of drugs and the time of each recovery, as to compare to their averages. We found that the “as needed” pain medications were reduced by nearly 60% with Reiki sessions consisting of a half hour daily [1].

The main reason I was doing this study, was to prove out that Reiki, or any healing touch modality, or energy work, can significantly benefit by reduced recovery time and medications. For over a year prior, I had been trying to get medicare and medicaid to talk to me about this and move forward in getting complimentary alternative medicine covered for hospital recoveries. I found no one that would even talk to me, so I decided this route as to get several doctors to sign on in support of this movement [2,3].

After 5 months of daily visits to the hospital, four of the nurses wanted to be attuned to the modality, so they could do the same. Several doctors were quietly watching the progress and were quite amazed at the results. At the end of this study, not one doctor would admit in writing that there was any significant change in recovery time or in “as needed” pain medications [4]. The general consensus was that they wanted to keep their jobs. What I later discovered was the vicious triangle: Big Pharma, Insurance companies and the AMA. There was not a chance that this would be looked at seriously [5].

In the early 2000's I was a cook and the extra-curricular activities teacher for a private school that specialized in NVLD (Non-Verbal Learning Disorder) students from 13-24 years of age. The 35 students and nearly the same amount of staff, lived fulltime on the campus. I worked seven days a week preparing 3 meals a day for all. The students in the early morning were always quite agitated, as they hadn't had their meds yet. NVLD children usually have a plethora of

other issues tied into this as well. ADD, ADHD and OCD were very common to the mix [6,7].

One day I asked if I could take the students for a nature walk prior breakfast, and they allowed me to. I had about a dozen students follow me like the pied piper down to the lake and back. We talked about the animals and birds we saw and had a good walk. These students were no trouble that morning; however the remainder made up for it with their calamity. After some thought, I approached the Dean and asked permission to start a meditation period each morning before breakfast for 15 and that it be mandatory for all students to attend. Reluctantly he agreed, considering that anything would be better than what was happening in the cafeteria each morning.

I taught the students medical chi-kung, the slow movement of energy involving movement of the entire body and breathing. The students saw it as a game of Simon says and went right along with me. We did this for 10 minutes outside as the sun was rising. Then spent 5 minutes sitting on the ground as I verbalized relaxing each part of their bodies. The guided meditation was a success as well. The cafeteria was actually quiet that morning as the students ate and talked among themselves [8].

I held these little classes for almost 3 months, when I was approached by the campus nurse. She was quite pleased and amazed to tell me that the student's “as needed” medications have dropped nearly 60% from prior these classes. Again, no one would sign on to this finding. Times have changed from 20 years ago, but still there appears to be no move towards insurance coverage of complementary alternative and integrative medicine. In fact, it seems to have gone the other way.

In 2010 I became a licensed massage therapist; specializing in trigger-point therapy, sports massage and craniosacral therapy. Where insurances covered a number of massage sessions a year when I started school; by the end of my studies 2 years later, they were covering less than half of what they did. Perhaps one day, studies will be done that can make the difference, and the modalities of our ancestors: Energy work, flower essence, homeopathy, naturopathy, and the dozens of hands-on therapies will be seen as

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the way to heal the root causes, rather than masking the symptoms with synthetic drugs.

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