

Importance of Energy Medicine

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Editorial

Energy Medicine (EM), whether human touch or device-based, is the use of known subtle energy fields to therapeutically assess and treat energetic imbalances, bringing the body's systems back to homeostasis (balance). Energy treatments are aimed at healing imbalances in the energy fields purported to be in and around the human body. Common reasons for seeking energy medicine treatments include: Mood disorders (anxiety or depression) being out of balance. Energy Medicine is a word coined by three researchers who gathered at Boulder, Colorado, USA in the late 1980s. This is defined as any energetic or informational interaction with a biological system to bring back homeostasis in the organism.

Energy therapies focus on the energy fields thought to exist in and around the body (biofields). These therapies also encompass the use of external energy sources (electromagnetic fields) to influence health and healing. Breaks down energy blocks and balances the mind, body, and spirit. Regular Reiki treatment promotes the consistent and unlocked flow of energy throughout the body. This allows people to feel less stress, enhances learning and memory, and promotes mental clarity, and physical healing / less physical pain. Energy psychology is a relatively new method of therapy that combines Eastern approaches to the mind and body with Western psychology and psychotherapy ideas.

Energy fuels your body's internal functions, repairs, builds and maintains cells and body tissues, and supports the external activities that enable you to

interact with the physical world. Water, your body's most important nutrient, helps facilitate the chemical reactions that produce energy from food. Chakra Balancing is a form of energy healing that focuses on channeling energy into the seven chakras. When we talk about treating chakras we are referring to treating your energetic body. The body is not only made up of the physical body, we have an energy that extends beyond our physical wellbeing.

People use Reiki to relax and strengthen their wellbeing; reduce pain, anxiety, and fatigue; help manage symptoms; reduce side effects of medications; and support recovery after injuries or surgery. Reiki can sometimes provide pain relief in neuropathy, though how long that relief lasts may vary from person to person, says Martay. Often when people try a therapy like Reiki they have usually gone through a plethora of orthodox medicine, and this may be their last hope, he says. Energy psychologists believe physical interventions to regulate electrical signals or energy fields can be combined with evidence-based exposure therapy to retrain the brain and help individuals overcome any physical and emotional reactions affecting health and wellbeing.

EFT tapping is a combination of ancient Chinese acupressure and modern psychology, now known as energy psychology. It's an easy-to-learn technique that involves "tapping" on the meridian points of the body while repeating statements that help us focus on an issue from which we're seeking relief. The Immediate Energy system, or ATP-PC, is the system the body uses to generate immediate energy. The energy source, Phosphocreatine (PC), is stored within the tissues of the body. When exercise is done and energy is expended, PC is used to replenish ATP.

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