

What is Energy Medicine? Who Benefits and When? A Physician's Perspective on "Spooky Actions at a Distance"

In a 1947 letter to physicist Max Born, Albert Einstein described his doubt and distrust of quantum mechanics: "I cannot seriously believe in it because the theory cannot be reconciled with the idea that physics should represent a reality in time and space, free from spooky actions at a distance." Of course 50 years later, quantum mechanics is now accepted.

Energy Medicine practitioners are trained to connect with the body's electrical currents and assist with balance. Our body has measurable currents that connect the different cells. The current of our heart's energy is measurable with an EKG, our brain's energy with an EEG, etc. There are many types of Energy Medicine practitioners with various types of training. Types of Energy Medicine include Healing Touch, Reiki, Craniosacral Therapy and energy movement exercises such as Tai Chi and Qi Gong.

In my experience, Energy Medicine works best for my clients when there is a comfortable relationship with the energy therapist. The best energy therapists I've known are kind, ethical and easy to talk to. They are not diagnosticians and are quick to refer to traditional caregivers if there is a question or concern about a client's symptoms.

I have found that mood disorders such as depression, anxiety and panic attacks respond well to Energy Medicine. Similarly, acute and chronic pain patients will receive benefit as well as pain syndromes such as fibromyalgia or reflex sympathetic dystrophy. Migraine and tension headaches frequently benefit from Energy Medicine along with colitis and irritable bowel syndrome. Pain from Shingles along with post-operative pain and swelling also have responded well to Energy Medicine. Many studies have shown that patients who have Energy Medicine treatments prior to surgery have less postoperative pain and nausea.

I believe that optimal wellness and balance is much more than just a state of physical health. It also encompasses emotional stability, clear thinking, the ability to love, create, embrace change, exercise intuition and experience a continuing sense of spirituality. Energy Medicine is a tool that allows this to happen more easily.

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Dr. Harsh is an integrative gynecologist and physician acupuncturist. She is a Bravewell Fellow and the author of the book "Finding Grace and Balance in the Cycle of Life: Exploring Integrative Gynecology" published in 2010 and a contributing author of *Get Well & Stay Well: Optimal Health through Transformational Medicine* published in 2012. She joined the staff of Living Well Health & Wellness Center in Dallas, Texas in July 2010. Claudia is a former Director and ACE™ team member at the Alliance Institute for Integrative Medicine. She led the second team in the nation to offer ACE™ treatments (Acupuncture, Chiropractic and Energy therapy) at Living Well. Dr. Harsh arranged for Bethlyn Gerard to shadow during ACEs at the Alliance in summer 2011 in preparation for the Dallas ACE™ program pilot. They often partner to administer energy therapies simultaneously during patient sessions.