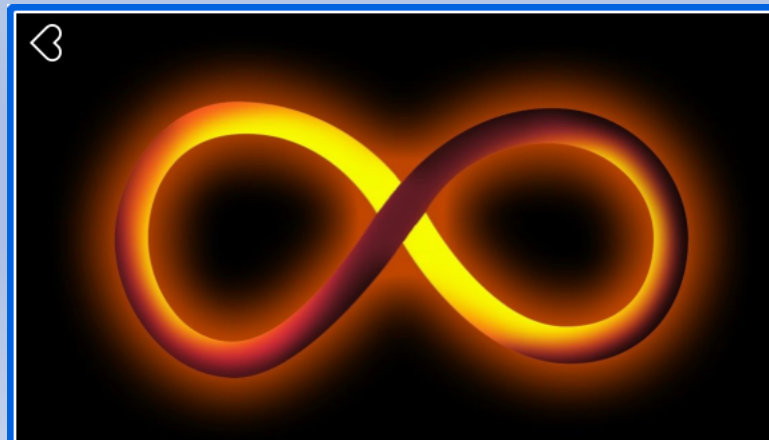


# EM4Us

## Energy Medicine for the Underserved And Those Who Care for them

Barbara Towner, M.D., EEM-AP

IM4Us 2019

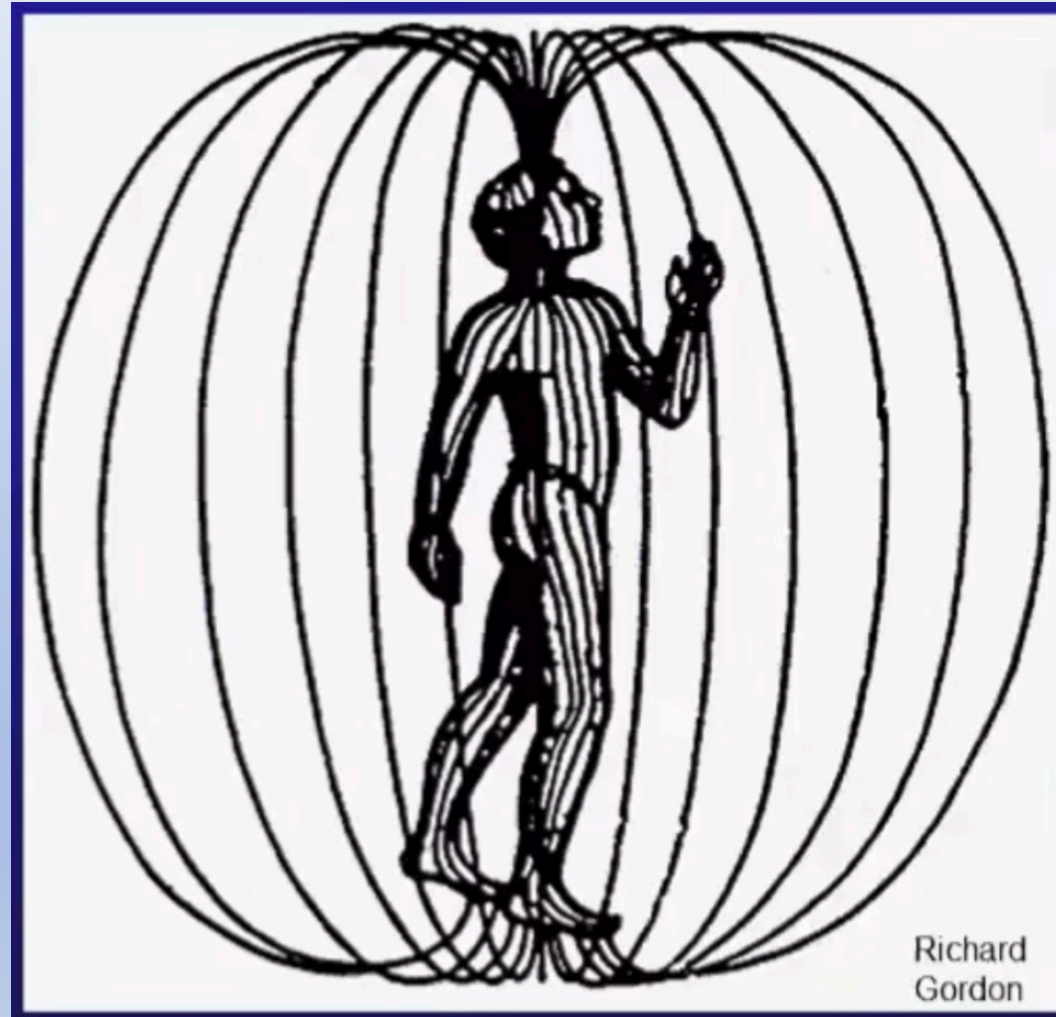


# E = MC<sup>2</sup> Everything Is Energy

- “If you wish to understand the world, think of energy, frequency, and vibrations” - **Nikola Tesla**
- “In every culture and in every medical tradition before ours, healing was accomplished by moving energy.” **Albert Szent-Gyorgyi**
- “Energy medicine *is* the future of medicine.” **Norman Shealy, MD,**  
founder of American Holistic Medical Association

# ENERGY MEDICINE

- **What is it?**
- **Why for Us?**
- **How does it work?**



# WHAT IS ENERGY MEDICINE?

NIH inclusion as one of 5 pillars of CAM

- Mind-Body (hypnosis, visualization, meditation, biofeedback)
- Biologically based (herbs, vitamins, supplements, etc)
- **Energy Medicine** (Reiki, QiGong, Touch for Health, Healing Touch, Eden Method, Pranic Healing)
- Manipulative and body-based (Rolfing, chiropractic, osteopathy, massage)
- Whole medical systems (Chinese, Ayurvedic, naturopathy, homeopathy, etc)

# ENERGY MEDICINE

- A new biophysics paradigm of electromagnetic and subtle energy forces (qi/chi, prana) - our biologic quantum physics
- The body's sense organs and neural systems have receptors for energy: heat, light, sound, smell, chemical, kinetic, mechanical, pressure, vibration, position
- Yesterday's metaphysics become tomorrow's physics- the research is growing

# ELECTROMAGNETIC ENERGY

- Ampere's Law - current creates a magnetic field
- Faraday's Law - magnetic fields induce currents
- The heart is our electric generator. Over 20 years of HeartMath research demonstrates the impact of the electromagnetic field created by the pulsing/current of our hearts
- The biomagnetic field of your body induces current flows in the tissues of people near you. More coherent is healthier for us. And them.

# PIEZOELECTRICITY and TOUCH

- Touch/pressure creates piezoelectricity in tissue and is conducted through the fascial system which exists in a fluid/crystalline matrix
- The Primovascular System (PVS): Dr. Kwang-Sup Soh from Korea identified the structures that carry the energy of the acupuncture meridians in the fascia. Conduct information up to 10x faster than the nervous system as shown in fMRI studies.
- Acupoints as doorways into system- have lower Ohms, the measure of electric resistance.

# MATRIX THEORY

- The importance of the extracellular environment in information exchange regulation of body processes.
- The crystalline structure of collagen in the fascia and the fluid nature of the ECM functions like a superconductor-our new “organ,” the interstitium.
- Results in whole body interconnectedness.



# THE BIOFIELD

- Field theory- In 1930's at Yale, Harold Burr measured the electrical field around an unfertilized salamander egg and it was shaped like a mature salamander. Found that physical illness was preceded by changes in the electrical field of organisms.
- Holographic, like weak electromagnetic field.
- Frequency, intensity, polarity, waveform patterns
- May send signals to body's regulatory mechanisms
- Local fields also exist around particular areas and organs
- Visualization/measurement from EEG and EKG to Kirlian photography, SQUID (Super Conducting Quantum Interference Device)
- Newer visualization tools: measuring biophotons, gas discharge and more

# WHY USE EM IN COMMUNITY HEALTH?

- Simplicity
- The high burden of chronic disease
- Stress and Dis-ease: trauma, burnout, chronic pain and addiction

# SIMPLICITY

- An inside-out rather than outside-in approach to managing health and illness-empowering
- Energy/energy systems are the patient and energy is the medicine, both tools for treatment by a practitioner and for self care
- Simple quick exercises can be adapted to the regular exam room and brief moments between patients
- Energy Medicine as a perfect tool for self care in a stressed, chronically ill system
- Empowers the user for self care – patient and provider

# THE BURDEN OF CHRONIC DISEASE

- Increasing burden of chronic illness- cancer, diabetes, obesity, chronic pain, immune disorders...
- CHC population and the high incidence of chronic disease, trauma, stress, poverty, mental health problems, homelessness,-isms
- Shortcomings of allopathic medicine, great in acute illness and trauma but limited modalities (pharmaceuticals, behavior change) for managing chronic disease
- Difficulties of changing unhealthy personal habits, especially in stressed populations

# STRESS AND ILLNESS

- ACE study - shows correlation between trauma and chronic disease, mental health problems
- Stress in the entire healthcare field and in the CHC work force
- We work in a trauma field
- Long hours, low pay, high demand, productivity, EHR, exposure to highly stressed patients, inadequate support and pressures on funding, inadequacy of referral resources, incidence of burnout, depression, high suicide rates throughout healthcare work force

# THE STRESS RESPONSE

- **Dis-ease and disease: Psychoneuroimmunology -**
- Relationship to the hypothalamus, sympathetic drive and the neurohormonal cascade in fight-flight
- **Stress response** (Hans Selye -1910) "a quick and unconscious neurological response to a perceived threat that stimulates defensive behavior."
- **Qualities of the Fight or Flight Response**

# FIGHT FLIGHT FREEZE

- Helps the individual survive and evolve
- External stimulus, Unconsciously elicited/  
Involuntary/ Unplanned/Unlearned  
Outer focus of attention, narrowing of focus of attention, eyes open
- Sensory  
From non-movement towards movement
- Redistribution of blood flow away from core to prepare for movement
- Increased heart rate  
Increased blood pressure  
Increased respiratory rate  
Increased oxygen consumption  
Increased blood lactate  
Increased muscle tension  
Rapid production of cortisol  
Production of noradrenaline
- Most excitation of consciousness  
Active internal dialog
- Repeated elicitation may lead to exhaustion, weight gain, increase in inflammation
- Other means of self soothing like use of alcohol and drugs
- Experience of being at odds with environment
- Creates a negative bias
- Attitude of resistance
- Increases rate of aging
- Taxes the Immune System

# THE RELAXATION RESPONSE

- **Relaxation response** (Herbert Benson)-“a physical state of deep rest that changes the physical and emotional responses to stress.”
- **Polyvagal Theory/Vagus nerve and the parasympathetic system** of rest/digest, the relaxation response,- the antidote in treatment of trauma, PTSD

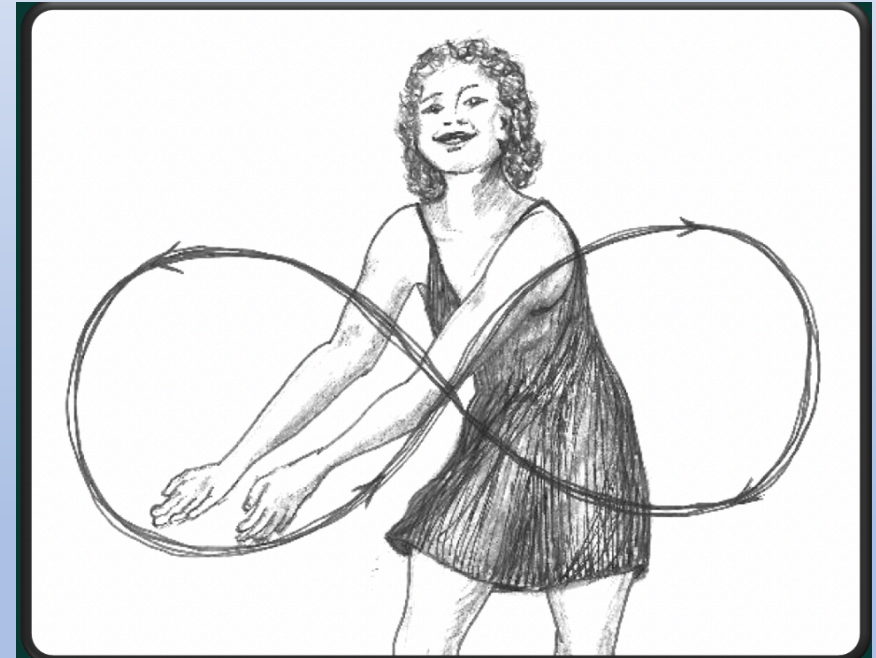


# QUALITIES OF THE RELAXATION RESPONSE

- Voluntary, Consciously elicited, Planned, Learned, Daily routine or habit as stimulus  
Stress releasing  
Inner focus of attention  
Eyes shut
- Physiology at rest  
Decreased heart rate and pulse, decreased blood pressure  
Diminished respiratory rate  
Decreased oxygen consumption  
Decreased blood lactate  
Decreased muscle tension  
Reduction of cortisol  
Reduction of noradrenaline  
From movement towards non-movement
- Quiet, silent internal dialog  
Expansion of attention  
Senses transcended  
Mental activity  
Elicited by subtle sound then silence
- Builds happiness  
Decreases rate of aging  
Helps the individual progress and evolve  
Least excitation of consciousness  
Least effort  
Repeated elicitation diminishes need to use drugs  
Experience of being at one with environment  
Attitude of acceptance

# HOW DOES ENERGY MEDICINE WORK?

- The Principles of Energy Medicine
- The Nine Energy Systems
- Ways to Interact with the Body's Energy
- Exercises to Balance our Energies



# THE PRINCIPLES OF ENERGY MEDICINE

- Energy wants to move
- Energy needs space to move
- Energy moves in patterns, has its own set of structures and anatomy, directionality
- Energy both reflects and influences the health of the body
- Energy is responsive to the environment-physical, emotional, energetic
- Energy is adaptive
- Energy creates habits
- Energy can be re-patterned

# THE NINE ENERGY SYSTEMS IN EEM

- **Meridians** (pathways of energy flow)
- **Aura** (biofield)
- **Chakras** (energy centers)
- **Electrics** - the most tangible, runs through all systems, every cell
- **Five Elements or Rhythms** - different energetic frequencies throughout all the systems
- **Celtic Weave**- the linking patterns from our DNA to the field
- **Triple Warmer** - neurohormonal integration, the stress response
- **Radiant Circuits** - the hyperlinks and the energy of joy/vitality
- **Grid** - a foundational structure like the chassis or the skeleton

# WAYS TO INTERACT WITH AND SHIFT ENERGY

- Movement
- Stretch
- Tapping/holding/stimulating specific points
- Intention
- Sound
- Light/color
- Magnets
- Reinforcing patterns with movement of the hands



# EXERCISES TO BALANCE THE BODY'S ENERGY

- Grounding
- The Daily Energy Routine (DER)-  
a general balancer
- Triple Warmer and Spleen – calming the  
stress response and  
boosting the immune system
- Calming pain



# GROUNDING

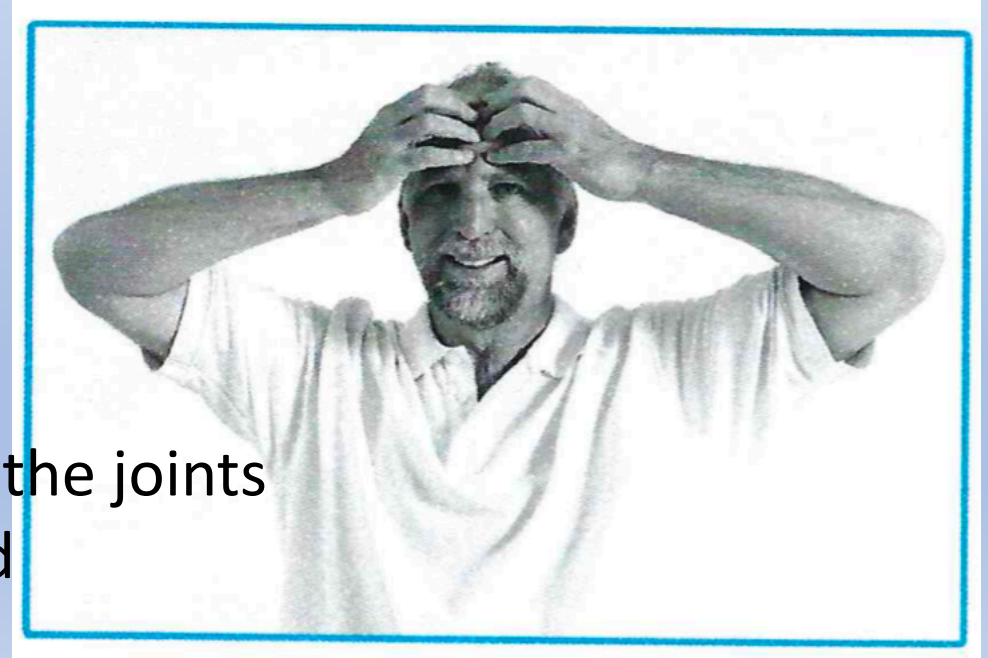
- Earth and the ionosphere-
- Earthing-negative ion crust of the earth and absorption through the feet
- Increased incidence of disease related to changes in human habits, connection to earth
- Polarity and bidirectionally
- The role of the Yin and Yang meridians



1. Grounding

# THE DAILY ENERGY ROUTINE (DER)

- **The 4 Thumps** - activates multiple fundamental meridians, the immune systems and energy flow patterns
- **Hook up** - keeps us internally connected and protected
- **Zip up** - maintains that protections when we are challenged
- **Cross overs**- cross crawl, shoulder pull, homolateral repatterning- R/L brain/body coordination
- **Wayne Cook** - integrates, unscrambles misfiring in parts of the brain
- **Crown pull** - opens the mind and stimulates CSF flow and function
- **Connecting heaven and earth** - reinforces our sense of connection, mind/body/spirit, good for the joints
- **Celtic weave**- holds it all together, from the field around us down to the DNA





# TRIPLE WARMER AND THE STRESS RESPONSE

- **Calming Triple Warmer/TW**-trace backward, gamut point, sedate, mellow mudra,
- **Strengthening Spleen**-buzz neurolymphatics, tapping endpoint SP21, tracing
- **Activating the Vagus Nerve**- breath exercises( Darth Vader/ujjayi breath, aeroplane breath, deep rhythmic breathing); laughter Vocalizing (sing, chant), neck stimulation (gargle, rub, stretch); Massage, meditation, EFT tapping (downregulates the amygdala)
- **Balancing TW/SP**- TW/SP hug, Cover the Eyes,



# MANAGING PAIN

## PAIN AS STUCK ENERGY

- Tapping meridian end points or points of pain
- Zone tapping- Based on Foot Reflexology, which maps the body into zones  
Uninterrupted tapping calms slow, persistent pain impulses, while interrupting the rhythm engages and calms faster, shooting impulses
- Polarity corrections- the spoon, magnets
- Spindle Cell Pinching – resets neural signals; the lighter the pinch, the better!
- Tracing figure 8's
- Relaxation
- Activating the Radiant Circuits, the energy of joy
- Changing the story

# MORE ON PAIN

- **BREATHING OUT THE PAIN**

- Breathe in through the nostrils, mouth closed (as if smelling a rose)
- Breathe out through the mouth (as if blowing out a candle)
- Breathe slowly several times, breathing more slowly with each breath

- **CHAKRA/VORTEX CLEARING**

- Left hand moves counter clockwise to clear, right moves clockwise to bring in fresh energy

- **SIPHONING**

- Left hand pulls energy out, held over area of pain
- Right hand allows the energy to drain off, hold down and away from your body
- Hold until you no longer feel the sensation of pulling
- Place right hand on/over area of pain and raise left hand upward to bring in healing energy

# ENERGY TESTING

- Used in Applied Kinesiology, Touch for Health, Eden Energy Medicine
- Switching activation of muscle on and off, true/false tests
- Rule of 2's- time, distance, pressure

## *The “Rule of 2s”*

- 2 pounds (maximum)
- 2 seconds (maximum)
- 2 inches

- Self testing- the body pendulum



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