

# Universal Life Force

Energetic healing therapies, such as Reiki, are key to the integrative medicine approach for healing at the physical, spiritual and emotional levels.

Between the high costs and limited coverage of health care, and a traditional healing model that focuses on disease rather than the patient, consumers are leading the demand for integrative medicine. But with no two practices offering the same treatments, many ask, "What is integrative medicine?"

Integrative medicine focuses on the person as a whole, with doctor and patient working together to optimize the patient's health. True integrative medicine is more than offering supplements and hormones; it recognizes the impact that the mind, body and spirit have on a patient's well-being. Reiki and qi gong, for example, are energetic

healing therapies that bring healing to patients on physical, spiritual and emotional levels—important facets not addressed by a prescription.

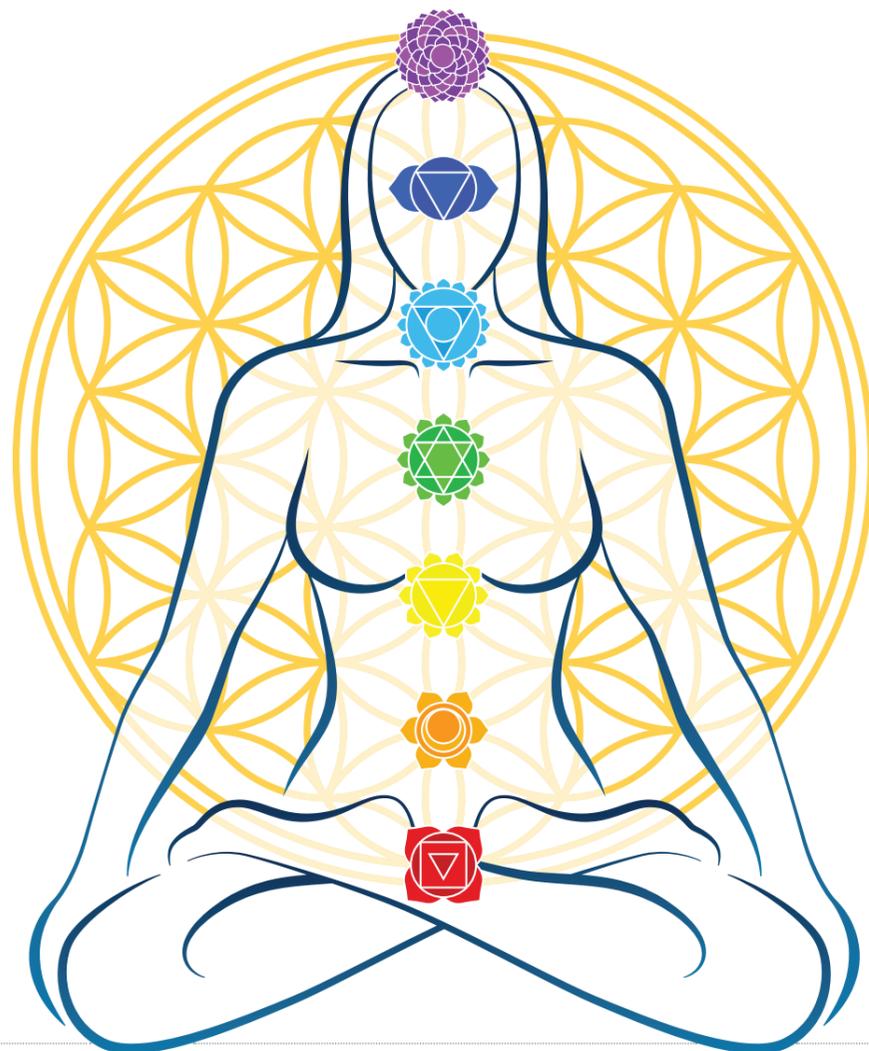
### WHAT IS REIKI?

Reiki is an energetic healing modality that supports the body's natural ability to heal itself on a physical, emotional, spiritual and mental level. Discovered more than 100 years ago by Dr. Mikao Usui in Japan, reiki (pronounced ray-key) is made from two Japanese words: rei means "universal, all-knowing higher power" and ki means "life force, energy, prana, chi."

The majority of our physical pain and discomfort is caused by stress, often due to conflicting thoughts and feelings that get lodged in one's subtle energy. These include fear, worry, doubt, anger and anxiety. Medical research has determined that continued stress can block the body's natural ability to repair and regenerate. In fact, the American Institute of Stress estimates that 75 to 95 percent of all visits to the doctor are results of reactions to stress.

Reiki is based on the idea that an unseen "life force energy" flows through us and causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stressed and, if it is high, we are more capable of being happy and healthy. By

FROM TOP: CROWN, THIRD EYE, THROAT, HEART, SOLAR PLEXUS, SACRAL AND ROOT CHAKRAS



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creating deep relaxation, reiki offers energetic healing that aids the body in releasing stress and tension and promotes the body's self-healing abilities. It can help address insomnia, blood pressure, hormonal imbalances, disorders of the nervous

### POST REIKI

A 53-year-old executive in a high-stress career was following a treatment plan for diet, supplements and bioidentical hormones. Tests showed optimal hormone balance, but she wasn't sleeping well, was experiencing

had cleared away emotional blockages, allowing her to make the changes she needed in her personal life. As a result, the symptoms she was experiencing ceased.

There are many other energetic modalities that can help patients heal, including meditation, spinal manipulation and even prayer; it's best to find the tools that work for you. But first you need to embrace this idea: We are more than our physical bodies. There is an energy component to our anatomy that plays a vital role in our well-being. Addressing healing at only a physical level doesn't allow for complete healing. ✿

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system and pain. Simple and natural, reiki is a safe method of spiritual healing everyone can use.

### REIKI HEALING SESSION

During a reiki session, the recipient lies on a table, fully clothed with shoes removed. The practitioner holds her hands a few inches from the recipient's body, placing them over various energy centers, known as chakras. Sessions last between 30 to 60 minutes, as recipients become relaxed or even fall asleep. Reiki continues to work for three days after the treatment. For chronic problems, recipients are encouraged to return for additional sessions for the best results.

significant anxiety and hormonal symptoms, and was gaining weight. She confessed that she wanted to leave her job, but was staying because she was worried about finances. Her treatments would be futile if she didn't deal with that emotional situation. After reiki, she had shifted completely. The reiki



### For more information about integrative and holistic health:

- ✿ Energy Medicine by Norman Shealy, M.D., Ph.D.
- ✿ American Board of Integrative and Holistic Medicine: [abihm.org](http://abihm.org)
- ✿ American Holistic Health Association: [ahha.org](http://ahha.org)



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