

## **"Energy Therapy - Andrew Weil's New Frontier"**

by Cathy O'Connell from DESERT ANGEL NEWS, A Publication of Center of Spirit  
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In the October 2000 issue of his newsletter Self Healing, Dr. Andrew Weil promotes energy medicine as a new frontier in medical treatment; a complimentary modality to promote wellness and healing. He predicts that all of the "energy medicine" modalities, such as energy therapies (IET, Reiki, Therapeutic Touch, etc.), Acupuncture, tai chi, yoga, and homeopathy "will enter the medical mainstream in the coming decades, as researchers and clinicians learn more about their benefits and how they might work." At the University of Arizona's Integrative Medicine Clinic, they are already recommending energy therapies to patients seeking complementary treatment for pain. "We've also found that these therapies can promote relaxation and ease anxiety in patients preparing for a hospital stay or suffering from chronic debilitating diseases."

Weil believes that energy therapy uses subtle forms of energy not yet easily measured by current scientific methods but that an energy transfer occurs between the healer and the client and has therapeutic effects. Studies have been done that show that the electrical impulses generated by one person's heart can affect the electrical impulses in the brain of another person sitting a few feet away.