Energy Medicine for Health and Vitality

Presented by:
Michelle S. Earnest, APRN, FNP-BC, MSN, DMin, EEM-AP
Eden Energy Medicine Certified Advanced Practitioner

BETTER HEALTH THROUGH BALANCED ENERGY

The big picture...

Health Care Stats

- Currently, 75% of every health care dollar goes to care of chronic disease.

- Up to 90% of visits to healthcare professionals are for stress-related ailments.

- The US ranks 37th in health care worldwide; yet we spend the most and we are the sickest.

More than half of all Americans suffer from one or more chronic diseases.
https://www.milkeninstitute.org/reports/costs-chronic-disease-us

In 2015, 30.8 million people in the USA had 3 or more chronic illnesses.
http://www.chronicdiseaseimpact.org/state_sheet/USA.pdf
And...

- Nearly one-third of Americans ages 57 to 85 take at least five prescription drugs -- people with chronic illnesses may take more than 20.
- There are over 100K deaths per year related to polypharmacy, medication misuse, and adverse reactions, which makes it one of the leading causes of death in this country.

Is this working?

Something has to change...

- The system can’t afford the cost of “business-as-usual” health care.
- Our bodies can’t cope with out-of-control stress.
- The answer is not more of the same...

- Insanity: Doing the same thing over and over again and expecting different results.
  - Albert Einstein

Look back...

- Hmmmmmm...

  “In every culture and every medical tradition before ours, healing was accomplished by moving energy”
  - Albert Szent-Gyorgi, Nobel Laureate in Medicine
Look ahead…

“The ultimate approach to healing will be to remove the abnormalities at the subtle energy level which led to the manifestation of illness in the first place”

Richard Gerber, MD, author of Vibrational Medicine

A different way of thinking...

The Science of Energy

What is Energy?

Energy is information that vibrates!

Einstein and Energy

\[ e = mc^2 \]

Everything is energy
That means:

- Energy has a frequency
- Energy is in motion (flows)
- Energy has mass (particles)
- Energy is electromagnetic

Two kinds of Energy:

- Veritable: Easy to observe and measure
  - Radio waves
- Putative: More difficult to observe and measure (also called subtle energy)
  - L-Fields and T-Fields

Some Scientific Factoids

- Every cell in the body is like a miniature battery, storing and discharging electricity.
- Every muscle you move, every thought you think, every morsel of food you digest involves electrical activity.
- Electrical fields help to regulate tissue growth in the fetus and promote tissue regeneration in adults.

And...

- Our feelings, memories and thoughts are coded in patterns of tiny electrical impulses.
- Your heart is the strongest electricity generator in the body.

How does energy move in the body?

- You are an Electromagnetic Being
Piezoelectricity

- It is the charge that accumulates in certain solid materials (notably crystals, certain ceramics, and biological material such as bone, DNA, and various proteins) in response to applied mechanical stress.

- The word *piezoelectricity* means electricity resulting from pressure.

Piezoelectricity and the Role of Connective Tissue

- All organs are encased in sheaths of fascia, or connective tissue.

- Connective tissue is piezoelectric, which means that when it is compressed, it generates electricity.

- Fascia also has a crystalline structure, and crystals function like an antenna for electromagnetic energy.

So...

- The organs and connective tissue are functioning as a large liquid crystal generator.

- This crystalline structure of the molecules in connective tissue also allows them to be semi-conductors.

And...

- Semi-conductors move small amounts of electricity, amplify electrical signals, filter information, and store energy.

- That means connective tissue has the ability to PROCESS information, like semi-conductor chips in a computer.

- So stimulating one acupressure point, or tapping one area of the body, can affect another part of the body far away.

The Dual Nervous System

**Classic**

Perineural

Classical

The Classical nervous system is made up of neurons that conduct information as electrical impulses from place to place.
The Perineural system generates slower moving waves of energy; using brain wave oscillation to direct current from place to place.

Perineural

And...

• Perineural cells surround every neuron, and blood has an amazing ability to conduct electricity.

So...

• Electromagnetic energy moves through the body using the classical and perineural nervous systems, the circulatory system, and the crystalline structure of the connective tissue.

It flows like water and moves like wind.

Healing?

Energy equips the body to heal itself.

Energy has many names...

• Living water
• Breath of life
• Chi
• Prana
• Life force
But is has one purpose...

Wholeness

• Our natural state is health

• We are equipped to self-heal

So, what’s the problem?

Balance

Stress is...

• An out of control Fight-or-Flight Response

The CDC says...

• “Stress sets off an alarm in the brain, which responds by preparing the body for defensive action. The nervous system is aroused and hormones are released to sharpen the senses, quicken the pulse, deepen respiration, and tense the muscles.

• The response is preprogrammed biologically.

• Short-lived or infrequent episodes of stress pose little risk.”

But...

“When stressful situations go unresolved, the body is kept in a constant state of activation, which increases the rate of wear and tear to biological systems. Ultimately, fatigue or damage results, and the ability of the body to repair and defend itself can become seriously compromised. As a result, the risk of injury or disease escalates.”

http://www.cdc.gov/niosh/docs/99-101/
Our stress response has become unbalanced.

Why does that matter?

• Out-of-balance is not your natural state.
• Stress is not healthy for your body.
• Most illness is a manifestation of chronic stress.

Health and Energy

• If everything IS energy and everything IS vibrating- and that vibration is information in motion- then health can be defined as a function of our vibration.
• Good health occurs when the vibration of the organism is at the optimum level, and ill health when the vibrations are out of sync, and the systems of the organism veer out of balance.

Vibrational Medicine
is the intentional use of vibration to bring the organism back into balance

Energy Medicine is
Vibrational Medicine
What is Eden Energy Medicine?

- A healing modality that is based on the movement of subtle electromagnetic energy in the body.

Look at it Energetically...

- In Eden Energy Medicine, the goal is to re-balance the energy flows of the body.
- The re-balanced energy then becomes the medicine for the body.

So...

The energy is BOTH the client and the treatment.

- EEM works directly with the body’s energy systems to restore balance and empower self-healing.

Donna Eden

A pioneer in the field of Energy Medicine, and a widely respected healer, teacher and author.

Energy Facts

- Energies adapt to circumstances using consistent priorities.
- The first priority of your body is survival.
So...

- Energy can form habits of dysfunctional flow that may not change, even when these patterns are not helpful to the body.
  - BUT
- Energies can be re-patterned!!!
- Re-patterning energies are the principle practice of Eden Energy Medicine.

Your stress response can be re-patterned.

Stress and Energy

- Energetically, there is a good reason why stress affects our health.
- There is an imbalance between two energy pathways, called meridians.

Triple Warmer and Spleen

- Triple Warmer Meridian governs your fight-or-flight response. Its priority is your survival.
  - Spleen Meridian governs your immune system. Its priority is your health.

- When stress becomes chronic, TW pulls energy from your other meridians to maintain its overcharged state.
- Energetically, the easiest meridian for it to pull from is Spleen meridian.

- This makes Spleen Meridian under energized.
- Your immunity suffers. You get sick more often.
• Eventually Spleen Meridian gets so depleted it becomes dysfunctional.

• In EEM, autoimmune illnesses are seen as the result of a chronic TW/Spleen imbalance.

• The body’s energies “forget” how to maintain health and become stuck in a habit of dysfunctional energy flow.

Stress and Health

• TW governs, and is governed by, the hypothalamus.

• The hypothalamus regulates the production of most of the body’s hormones.

So...

• Hormone production becomes dysfunctional as stress escalates and becomes chronic.

• Adrenaline and Cortisol are over secreted.

• Insulin balance becomes chaotic.

• Chronic disease develops.

The Solution?

Reprogram
Triple Warmer
by re-patterning its habits.

Old Dogs Really CAN Learn New Tricks!
In EEM, we work with the energy flows to relax (or sedate) the TW Meridian and strengthen the Spleen Meridian.

The brain then adapts and learns this new habit, by the process of Neuroplasticity.

How?

Four easy techniques to release stress, calm TW Meridian, and strengthen Spleen Meridian.

• Stand with hands on thighs and take a deep breath.
• With next inhalation, make fists and swing arms up above your head, knuckles facing forward.
• Bring arms down quickly and forcefully as you exhale, opening fists as you come down. Make a “shhhhh” sound as you do this.
• Repeat two more times, then do it again slowly.

Blow Out

• Fingers to temples
• Smooth around ears, down neck to shoulders
• Hang and pull off
• Monkey arms
• Tap vigorously

TW Smoothie and Spleen Tapping

• Wrap left hand around right arm, just above elbow
• Wrap right arm around to the left at the waist
• Hold for at least 3 breaths

TW Hug
Forehead Hold

- Lay one palm across your forehead
- Lay the other palm across the back of the head
- Hold for several minutes

“The next great frontier of medicine is Energy Medicine”
Mehmet Oz, MD