



Complements Integrative Medicine Quarterly News



Energy Medicine

Greetings!

Do I dare say that Spring is almost here. With the arrival of March you can feel a new energy in the air. Energy is everywhere—all around us as well as in us. In this issue, Alice Moore, RN, BS, Reiki Master, explains how *Energy Medicine* enhances the healing process for our patients. *Energy Medicine* has been around for thousands of years, and recent research has helped us to better understand how these therapies help to decrease anxiety, diminish pain, and help to strengthen the immune system. Also in this issue, Ann Marie Blanco, MS, OTR, Reflexologist shares information on Foot Reflexology, and Karen Kramer, RN, BS, HNC, QTTT, gives us an overview on Therapeutic Touch.

Happy Spring Everyone!

Kelly

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Energy Medicine: Enhancing the Healing Process

by Alice Moore,
RN, BS, Reiki Master

With increasing frequency and confidence, we speak of Energy Medicine (also known as “energy work”) as if it was a new form of therapy for our patients’ ailments. Not so. Thousands of years ago ancient cultures understood intuitively what scientific research and practitioners world-wide are confirming today about the flow (or lack of flow) of energy in the body and, how the use of energy therapies can enhance the healing process. As well known medical surveys report approximately 50% of the American public using some form of complementary or alternative therapy, “energy work” is among the ten most frequently used. Research has shown that these therapies (often called mind-body-spirit techniques) can help decrease anxiety, diminish pain, strengthen the immune system, and

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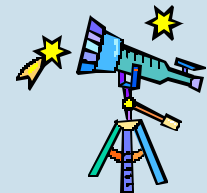
Art for Healing — June, 2005



In the next issue of *Complements*, we will be bringing you the latest on what’s happening with the art scene at Hartford Hospital, including a new gallery, an expansion of our program and insights from staff and patients about how “ART for Healing” has affected their lives. We’ll look at

how the power of the creative process can express what we sometimes cannot say in words and how taking that risk can bring us closer to our true nature. If you have a story that you would like to share about healing through the arts, let us know. It may be a story that opens the door for someone else!

Upcoming Issues



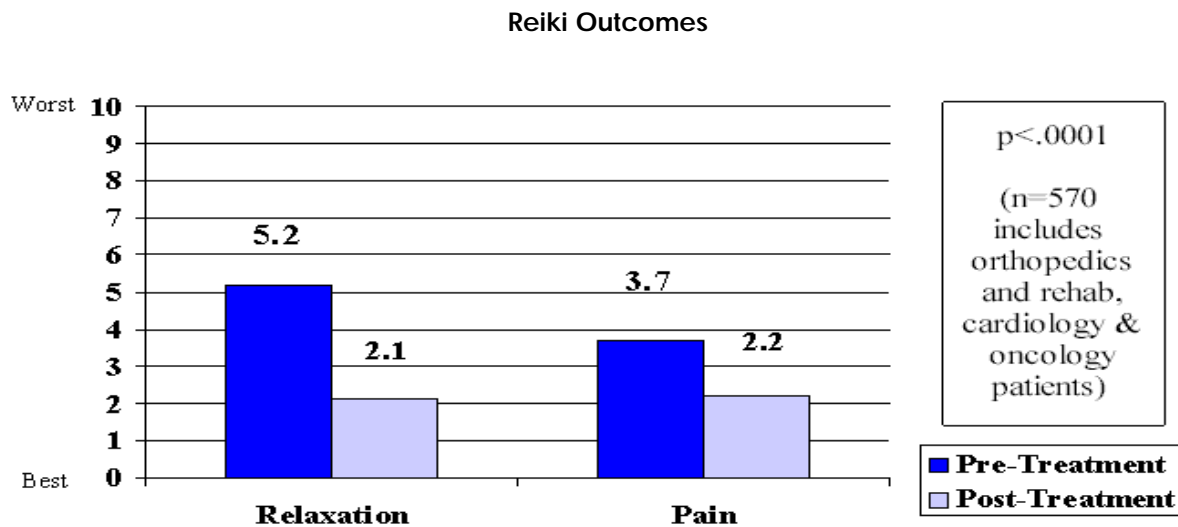
- Acupuncture and Acupressure*
- Tai Chi and Yoga*
- Pet Therapy*



accelerate healing, whether by simply inducing the “relaxation response” (and reversing the “stress response” and subsequent impacts on the body, illness, and disease) or, by more complex mechanisms. When patients choose these options, there is often a greater sense of participation in healing and restoration of health and, patient satisfaction is often increased in the process.

It was with this understanding that Women’s Health Services at Hartford Hospital (in collaboration with Alice Moore, RN, BS, Reiki Master and Volunteer Services) began to integrate Reiki healing touch (one of the most well known forms of “energy work”) on the inpatient gynecological surgical unit in 1997. Patients have been very pleased to be offered an option that is so relaxing and helps decrease their anxiety as well as their discomfort. Comments from patient satisfaction questionnaires include: “I am so grateful for the pain relief and peacefulness I felt after the Reiki session”; “Reiki was the highlight of my day, and I am so thankful to the volunteers”; and “I would highly recommend this program. I feel the Reiki (and Guided Imagery) helped me recover faster.”

After the tremendous success of this program, the formal Integrative Medicine Program was developed in 2000 incorporating Reiki Pilot Programs (along with Massage, Guided Imagery, Acupuncture, and ART for Healing) on the Cardiology, Orthopedic, Oncology, and Palliative Care units, as well as in the outpatient Cancer Center. During the pilot phase, outcome measurements were obtained from patients rating their anxiety and pain pre- and post- Reiki sessions. After analysis by the Quality Management Department, the results not only showed a decrease in anxiety and pain, but a statistically significant decrease regardless of specialty area (see following diagram):



This was also in line with JCAHO’s recent focus on offering non-medicinal options for relief of anxiety and pain. More formal research is currently being proposed. Reiki has become an integral part of the traditional medical care on these previous “pilot” units utilizing approximately 60 Reiki Volunteers trained and validated by the hospital. As the word spread, the program expanded to all areas of the hospital as the Department of Integrative Medicine received a growing number of special requests daily.

As mentioned before, although Reiki is relatively new to many of us, it is an ancient hands-on relaxation and healing technique dating back several thousand years and rediscovered in Japan in the 1920s. Here are some of the most frequently asked questions:



What is Reiki? Reiki is a Japanese “hands-on technique for stress reduction and relaxation that also promotes healing. It is based on the concept that everything in the universe is made up of energy and this “life force energy” that flows all around us is drawn in by the body nourishing the cells, organs, and glands. This same energy also radiates from the body and is called the human energy field. When one’s energy is depleted, imbalanced, or the flow is restricted by stress and “holding”, injury, illness, etc., one is more susceptible to discomfort, further illness, and disease (as with restrictions of the circulatory and nervous systems). When one’s energy is restored, free-flowing, or balanced, one is more likely to feel relaxed and the body’s own innate healing abilities are “jump-started” and utilized for healing. According to research done as early as 1930 by Dr. Harold Burr from Yale, disease (imbalances) can be detected in the energy field before onset of symptoms and can be changed by altering the vibration frequency of the energy field. This was not well accepted at that time but is becoming more widely recognized.

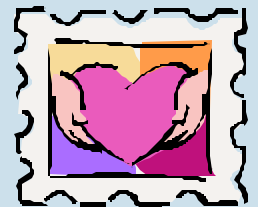
What does Reiki feel like? Although Reiki is “hands-on”, unlike massage, it is administered through a lighter touch rather than a deeper pressure. While the patient is seated or lying down and fully clothed, the practitioner’s hands are placed along energy centers and pathways on the head, neck, chest, abdomen, legs, and feet (similar to those used by acupuncturists). As energy is transferred to the body, the patient may feel warmth, coolness, gentle tingling, or just deep relaxation. For those in the final stages of life, it can also provide a more peaceful “transition.”

What are the benefits? Research on various types of “energy work” has shown that, in addition to deep relaxation, there can be a reduction in muscle tension and pain, accelerated wound healing, and a greater sense of health and well-being. It is useful during illness, after injuries, pre- and post- operative, as well as for health promotion. The patient does not need to believe in the process but only needs to be receptive to experience benefits.

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What Patients Say

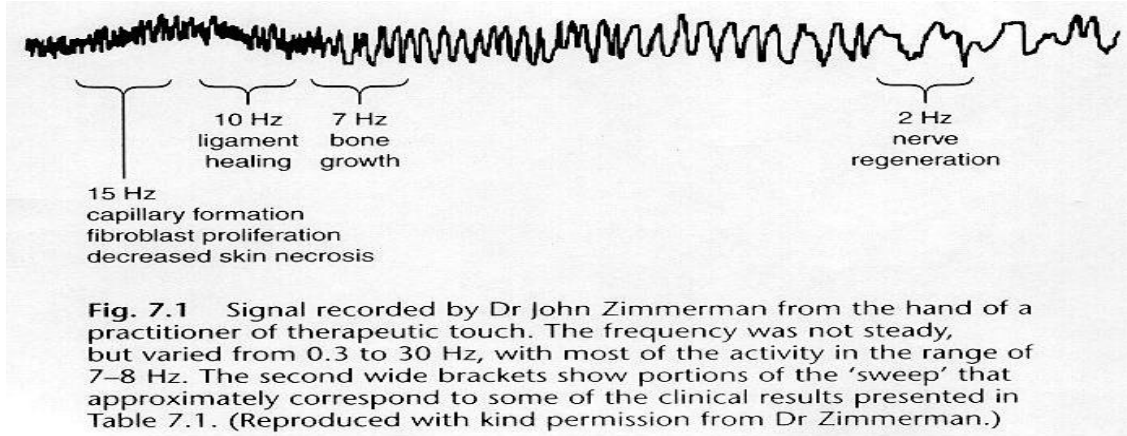
- *“Being in the hospital is stressful enough, but having a major operation is very, very stressful! Reiki was extremely helpful for stress and pain relief. Thank you!”*
- *“Even with drugs I had difficulty relaxing, but with the Reiki experience I was able to completely relax. What a great service to provide in hospitals. It opens people’s minds to alternative methods of healing. It was great!”*
- *“Our dad, who is under a lot of stress with his diagnosis, was quite surprised to have fallen asleep with Reiki. It was a great feeling to see him at peace during a most difficult time. Thank you!”*
- *“The Reiki provided me with practically the only relief I had during a rather painful four days in the hospital. First time I am without back pain in weeks! I feel wonderful!”*
- *“I felt extremely relaxed. Cramping in my legs and knees was greatly released.”*





Who can learn? Anyone can learn - the ability to tap into the universal “life-force energy” is not dependent on intellectual capacity or belief, only a desire to offer comfort. “Hands on healing techniques” are often approached with a spiritual perspective and yet, based on basic physiology, can be approached very neutrally. The human body is designed in such a way that whenever we touch someone with the **intention** of offering comfort, there is automatically an energy exchange. Research and measurement of energy flow from a trained practitioner’s hands has shown that when the practitioner is in a meditative, healing state (centered, relaxed, with clear **intention**, “present” for the patient’s highest good) there is an even greater flow of energy.

Based on this concept of energy flow and “intention,” using the SQUID magnetometer, Dr. John Zimmerman of the University of Colorado Medical School has been able to measure not only a difference in the vibration frequency coming from the non-trained and trained practitioners’ hands, but from the trained practitioners, a range from .3 Hz to 30 Hz. The most frequent measurement observed was 7-8 Hz (the vibration frequency found most often in nature in harmony and in the music that research has shown to be the most healing). This research was also later confirmed in Japan. This range of frequencies correlates with the varying vibration frequencies of healthy tissues and organs. The range also incorporates the frequencies used in the electromagnetic treatment equipment now being used in traditional medicine to accelerate healing in bone, skin, etc. (see following diagram from *Energy Medicine, a Scientific Basis* by Dr. James Oschman).



Since energy flow in the body is not an easily understood or an accepted concept, a personal experience or the ability to measure and document it is certainly helpful, especially for the more skeptical mind. In addition to the magnetometer, Kirilian photography (a Russian discovery) can help us see the energy emanating from the body. It shows us how energy changes with stress, thoughts, emotions, etc., and specifically, shows the energy from the hand, as conveyed in the diagram below.





Although we are beginning to measure energy fields and energy transference, the mechanism for Reiki and other “hands-on” techniques is still uncertain. Since the practitioner’s hands are placed over the energy pathways used by acupuncturists, is there a release of endorphins as in acupuncture? Is there a release of nitric oxide since energy fields influence cells in which nitric oxide is produced? We’ll have to wait and see. Until recently, alternative and complementary therapies including “energy work” were felt to be too mysterious, confusing, and controversial to be approached scientifically. Now science and energy practitioners are discovering similar results. However, waiting for the research does not change the fact that patients are seeking healing options such as Reiki and giving us very positive feedback.

Being hospitalized is rarely a patient’s first choice. However, having access to skilled physicians and staff, as well as the opportunity to integrate additional healing options such as Reiki (Massage, Acupuncture, Guided Imagery, Expressive Art, etc.) into their care, can sometimes be life enhancing for our patients and help them feel calmer, more comfortable, more empowered, and more in control during a very stressful time. Although modern medicine has tended to focus more on the physical aspects of healing, we are coming full circle learning that healing is more holistic when we incorporate these “mind-body-spirit techniques”. Jeffrey Migdon, MD in the “Alternative Advisor” very concisely summed it up by saying “The face of healthcare is changing...moving toward a more open-minded view of non-conventional remedies...some new, some long forgotten.”

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To schedule a Reiki session or for more information, call Integrative Medicine at 545-4444, email ithery@harthosp.org, or visit our website at www.harthosp.org/IntMed

Foot Reflexology—by Ann Marie Blanco, MS, OTR, Reflexologist, Reiki Volunteer

Foot reflexology, a complementary therapy gaining widespread popularity in the community, is an ancient holistic healing method with its origin in China and Egypt. The practice as we now know it has its origins in the study of Zone Therapy which utilizes the



longitudinal lines of energy running through the body from the feet to the brain. The leading researcher in the West was Dr. William Fitzgerald, an ear, nose, and throat physician who practiced at St. Francis Hospital in Hartford in the early 1900s. He discovered that by applying pressure to key points on the extremities of the body, principally the feet, he could eventually bring about normal physiological functioning in other parts of the body. A physical therapist and colleague, Eunice Ingham, refined the practice in

the 1930s and developed the foot reflexology “map” that is widely used today. Using this reflexology “map” the practitioner applies a particular type of pressure and massage to specific reflex points, each of which corresponds energetically to a specific organ, gland, or system of the body (similar reflex points are also found on the hand). Stimulation of all these reflexes causes reactions in the corresponding body parts and in turn “massages” the entire body internally and externally through the feet. The benefits may include:

- Inducing a deep state of relaxation
- Improving circulation
- Cleansing the body of toxins and impurities
- Helping control the perception of pain by stimulating the release of endorphins.

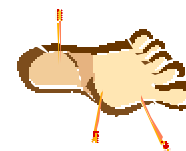
It has been reported that 60-90% of office visits to primary care physicians are for stress related symptoms or illnesses. Reflexology

can be an effective intervention that can promote stress reduction as well as pain management, acceleration of the body’s own natural healing ability and return to homeostasis.

To schedule a reflexology appointment, please call Integrative Medicine at 545-4444.

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Upcoming Educational Events—Lunch and Learn Series Winter/Spring, 2005

- **Thursday, March 10, 12-1 pm, HH-ERC Room 217**
The Healing Benefits of Acupressure and Acupuncture with Susan Bisbee-White, L.Ac.
- **Thursday, March 24, 12-1 pm, HH-ERC, Room 217**
Got Goals? Get Momentum with Ginny Kravitz, Life Coach
- **Thursday, April 14, 12-1 pm, HH-ERC Room 218**
What is CranioSacral Therapy and How Can It Help Me with Eric Cheffer, RT, LMT
- **Thursday, April 28, 12-1 pm, HH-ERC Room 218**
Dolls of Love and Healing with Karen Miller of Original Presents
- **Thursday, May 12, 12-1 pm, HH-ERC Room 218**
Strong Women, Strong Bones with Dawne Stoughton, RNC
- **Thursday, May 26, 12-1 pm, HH-ERC Room 218**
A Combined Integrative Approach to Relaxation with Acupuncture and Reflexology with Susan Bisbee-White, L.Ac. and Ann Marie Blanco, MS, OTR

For a complete listing and how to register go to:
www.harthosp.org/IntMed Click on “Classes and Special Events”



Therapeutic Touch—by Karen Kramer, RN, BS, HNC, QTT

Therapeutic Touch (TT) is a modern therapy with its origin in several ancient healing practices. It was developed in the early 1970's by the late Dora Kunz, a natural healer, and Dolores Krieger, RN Ph. D., Professor Emerita at NYU. It is an intentionally directed process during which the practitioner uses his/her hands as a focus to facilitate the healing process. TT re-patterns the body's energy field so that the patient can use his body's own natural healing potential. There have been over 33 doctoral thesis and many research studies compiled to attest to its benefits. Some of the research was funded by the National Institute of Health.

What are the benefits of TT?

- Induces a relaxation response
- Alleviates tension and anxiety
- Alters the perception of pain
- Noticeably heightens the body's natural healing process

What type of conditions does it help?

Noting the above benefits, it can help ease anxiety, and accelerate the healing of wounds, fractures, and infections. It may help minimize injuries from falls, sprains, and burns and accelerate their healing. TT can ease the aches and pains of both minor and chronic conditions. It can ease the transition from life to death by its calming effect as it decreases discomfort. TT can also be used for health maintenance. Touch is important at all ages from the premature to the elderly for continued emotional and physical health.

Where is it taught and used?

Therapeutic Touch was the first healing modality to be taught in a fully accredited university curriculum. It is used in hospitals and colleges throughout the world. In the USA alone there are over 38,000 practitioners. Classes are being presented through the Integrative Medicine Department at Hartford Hospital. These are held at the hospital, usually in the ERC. Dr. Kreiger continues to

teach at Pumpkin Hollow in Craryville, NY. The professional organization is NH-Pai and can be reached on the web at www.therapeutic-touch.org. This organization has set standards for practitioners and teachers.

What can I expect during a session?

You will sit or lie, fully clothed, as the therapist moves her hands in smooth rhythmic motions within a few inches of the body. This process is always individualized and does not exceed 30 minutes for the actual treatment. Some of the sensations which may be experienced are changes in temperature, tingling, and relaxation. You may not feel any changes at all during the session but that does not mean that the session was not effective. Later you may realize that you have slept better or have less discomfort. Your response is influenced by many factors including the duration and severity of your illness.



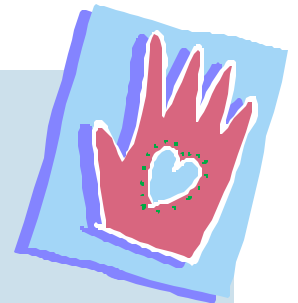
Gift Certificates are available for a variety of complementary therapies offered by the Integrative Medicine Department.

Certificates can be purchased for hospitalized patients, as well as by hospital employees and by the general public. Instead of flowers, consider a gift certificate for a relaxing and stress reducing

massage or other available therapy. See the chart below for gift certificate availability. Call 860-545-4444 for more information.

GIFT CERTIFICATES ARE AVAILABLE FOR:

| | <u>Inpatients</u> | <u>General Public</u> | <u>Employees</u> |
|---|-------------------|-----------------------|-----------------------------------|
| Acupuncture | ---- | \$70/session | Ask about our employee discounts! |
| Massage | \$35/session | \$60/session | |
| Energy Medicine (Reiki, Touch Therapy, Reflexology) | ---- | \$60/session | |



Complements

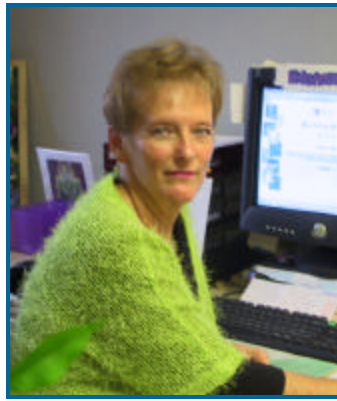
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Comments, questions
and suggestions—
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Ktaylor@harthosp.org



Staff Profile - Alice Moore



If this vibrant, calm face looks familiar that's because you have probably seen Alice Moore around Hartford Hospital sometime in the last 20 plus years that she has worked here both in a traditional nursing role and in her current role as coordinator of the Reiki Volunteer program.

Alice is a former ICU nurse and nurse manager and worked in the Hospital's Neonatal Intensive Care Unit for many years. But her current position in the Integrative Medicine Department, as Reiki Master and Reiki Volunteer Program Coordinator (in collaboration with Volunteer Services) is what

we know and love her for today. As a Reiki Master, Alice shares her knowledge of this wonderful healing energy modality with the many Reiki volunteers and teaches new incoming Reiki volunteers and community members. In addition to her teaching responsibilities, Alice also coordinated the writing and editing of an Integrative Medicine program development "how to" manual (available at: www.harthosp.org/IntMed/manual/) and is the co-author of several research grants.

When not working at the hospital, Alice has a part-time practice providing Reiki, Therapeutic Touch, Cranial Sacral Therapy and Guided Imagery for enhancing the healing process, and she teaches all levels of Reiki training. You may also find Alice listening to jazz, sailing on Bolton Lake, hiking in New Hampshire, weekend tripping to the Cape with her Women's Cape Creativity group or just relaxing in her backyard hammock with a good book.

What's Cooking? All Natural Recipes



African Peanut Soup

Ingredients

- 2 tablespoons olive oil
- 2 medium onions, chopped
- 2 large red bell peppers, chopped
- 4 cloves garlic, minced
- 1 (28 ounce) can crushed tomatoes, with liquid
- 8 cups vegetable broth or stock
- 1/4 teaspoon pepper
- 1/4 teaspoon chili powder (optional)

- 2/3 cup extra crunchy peanut butter

Directions

- Heat oil in a large stock pot over medium high heat. Cook onions and bell peppers until lightly browned and tender, stirring in garlic when almost done to prevent burning. Stir in tomatoes, vegetable stock, pepper, and chili powder. Reduce heat to low and simmer, uncovered, for 30 minutes.
- Stir in peanut butter until well blended, and serve.

Makes 10 servings

Enjoy!

Overheard !

The power of love to change bodies is legendary, built into folklore, common sense, and everyday experience. Love moves the flesh, it pushes matter around. Throughout history, "tender loving care" has uniformly been recognized as a valuable element in healing.



~Larry Dossey