

Energy Medicine and the Path to Globally-Sustainable Health

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Executive Summary

Energy Medicine (EM), or Transformational Medicine, encompasses a broad spectrum of applied practices that identify disorder, discord, and dis-ease to help bring about order, harmony, and health in individuals and communities. The US NIH has designated EM as a major component of Complementary and Alternative Medicine (CAM) representing one of its five categories.¹ Additionally, EM-based variants may be found among the other categories of CAM (e.g., energy field alignments within mind-body medicine, body-based practices, and whole system medicine). The World Health Organization reports that from at least 38% to 80% of the population in countries worldwide use complementary approaches to healthcare and that this use is not only significant, but growing rapidly.²

While many different specific modalities fall within EM, most applications feature the identification and ordered adjustment of patterns within three fields: biofields, local fields, and energy pathways.¹ The processes of the human body are governed by the biofield (measurable electromagnetic field with its own waveform, intensity, polarity, and modulation patterns) surrounding the body, the local fields concentrated in specific areas of the body, and the energy pathways that regulate the flow of energy within the body.¹ Through the utilization of various approaches, the overall goal of EM is to create greater order, harmony and well-being in individuals, in families, and in communities.

This White Paper aims to highlight the utility of EM in significantly contributing to the creation

of globally sustainable health care. This paper describes: 1) the epidemic of non-communicable chronic diseases and conditions (NCDs) that currently threaten our healthcare system, 2) the inability of conventional, westernized, allopathic medicine (CWM) to decrease or minimize the epidemic and 3) the need for a new sustainable healthcare model where EM supports a holistic, integrative and life-course-driven approach that can shift us onto a path to globally-sustainable health.

The continued expansion of NCDs, the leading cause of deaths worldwide,² threatens the viability of healthcare systems. Instead of minimizing this epidemic, it can be argued that core aspects of CWM perpetuate the continued increase in NCDs. CWM provides: 1) an emphasis on managing the symptoms of NCDs rather than preventing and eliminating the diseases, 2) an increasing drug burden of whole populations spanning an individual's entire life, 3) a lack of access for many individuals and communities in the world, and 4) increased pollution of the environment with endocrine-disrupting chemicals and other pharmaceuticals and their byproducts. The status quo of CWM is incomplete, inequitable and unsustainable. An integrated, holistic healthcare approach is needed: one that emphasizes disease prevention, order and balance for individuals, health creation, enhanced quality of life, and environmental sustainability.

Introduction: Our Currently Unsustainable Healthcare Model

As humans, we are complex organisms integrally connected to and influenced by our environment. Many ancient cultures understood and modern practitioners know that our health

relies on nurturing our integral connection to the environment, as it is our environment that completes us.³⁻⁵ Yet, as CWM emerged and expanded globally, the model of whole, healthy humans was lost.

The globally expanding epidemic of NCDs accounts for 63% of deaths worldwide and by the year 2030 are estimated to cost 48% of global GDP.⁶ In 2011, for only the second time in its history, the General Assembly of the United Nations brought this health issue to the floor for consideration and action. The pattern of health risks established under the CWM model is clear: increasing disease prevalence and a heavier burden of drugs beginning in childhood. For example, a recent study reported a five-fold increase in antipsychotic prescribed medication in less than a decade.⁷ Public health researchers continue to emphasize the need to help people avoid ever becoming a “treated case” in the CWM model.⁸ Upon first diagnosis of a NCD, often in childhood, medical interventions lead to an increased likelihood of additional comorbid chronic diseases as the child ages.⁹ Supplementary drugs are prescribed with each comorbid disease and diagnosed condition, and quality of life is reduced.¹⁰ With CWM as the predominant operating model, there has been an expansion, rather than a reduction, in the prevalence of chronic diseases.

EM as an Integral Part of Sustainable Healthcare

Features of EM

Six primary characteristics of EM make it essential for a new sustainable model of healthcare:

1) **Energy Medicine is Holistic.** EM takes into consideration the individual as a whole when examining disorder and imbalance. As a result, both underlying causes as well as manifested symptoms of imbalance are addressed wherever they are observed or reported to occur. This holistic approach provides an important addendum to conventional westernized medicine, which is focused on a specific set of presenting symptoms that may, for instance, involve only one tissue. Since an underlying cause may elevate the risk of multiple diseases arising in more than one part of the individual (e.g., lungs, skin, liver, heart) or system of the body (e.g., neurological, gastrointestinal, immunological, psychological, emotional), a holistic approach can prevent future symptoms. The holistic therapies of EM are designed to address the core disorder and all its connections regardless of where they lead within the individual.

2) **Energy Medicine Considers the Individual.** Each individual is approached anew and the goals of balance and order within the individual drive the course of therapy. This adds significantly to the individual's health and well-being because calibration of order and balance vs. disorder and imbalance is found within the individual. Note that the approach of CWM is driven by average responses across drug trial/medical treatment populations. EM, on the other hand, is personalized therapy. An individual may not always respond according to the "general population" or CWM established protocols. In this way, EM fills an important gap and facilitates personalized therapeutic care.

3) **Energy Medicine is Integrative.** EM is currently recognized as a discipline of CAM as well as Integrative Medicine (IM). With IM, practitioners look across the spectrum of possible therapies to select a course and specific blend of care that fulfills the needs of the patient. EM fits this model and contributes important tools within the practice of IM. EM therapies are easily combined with other medical treatments and provide significant utility and additional flexibility under the rubric of fully-integrative medicine.

4) **Energy Medicine is Preventative.** Because EM therapies are designed to restore balance and order in individuals, in families, and in communities, the therapies are not only relevant to currently existing conditions, but also impact the life-course of health risks linked with any individual or community imbalance (or disorder). For instance, we know that early-life conditions including those experienced in childhood greatly affect health in adulthood (Barker hypothesis). EM not only provides immediate therapy, but also includes future care to address any health risks that are thought to come with aging. Such a life-course-based approach, which is not limited to presenting manifested symptoms only, is critical if we are to reverse and proactively prevent the epidemic of chronic diseases and conditions.

5) **Energy Medicine is Sustainable.** As part of CAM, EM provides a useful piece of a sustainable healthcare model. EM is flexible, adaptable, universal, largely noninvasive and highly portable. Yet, it is also personalized therapy. Additionally, applied practices in EM are environmentally sustainable as they are not significant sources for the release of endocrine disruptors, other pharmaceuticals, and toxic chemicals into the environment.

6) **Energy Medicine is Inclusive.** In its diverse approaches, EM draws upon the knowledge base and strong disciplines practiced by ancient cultures and modern practitioners around the world.

By combining these long-standing disciplines with a strong scientific underpinning, EM can deliver back to the global community a multicultural blend of healthful therapies and represent a true fusion of the world's thorough knowledge on what brings human beings into sustained well-rounded states of health. With its ease of portability and capacity to support efforts aimed at poverty reduction, EM can reach rural and remote areas that continue to represent challenges for other medical practices.

Undoubtedly, EM and its multimodal components, offer a cost-effective, broad platform which, through accessible, sustainable, individualized, community based, preventative approaches, addresses and satisfies the unmet needs of the current global healthcare model. EM will be a significant piece of future sustainable healthcare solutions.

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