

Biofield Medicine

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Founder: Scripps Center for
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NCCAM: Energy Medicine

- Therapies based on the activation or generation of energy fields either originating in the body or acting externally on the body



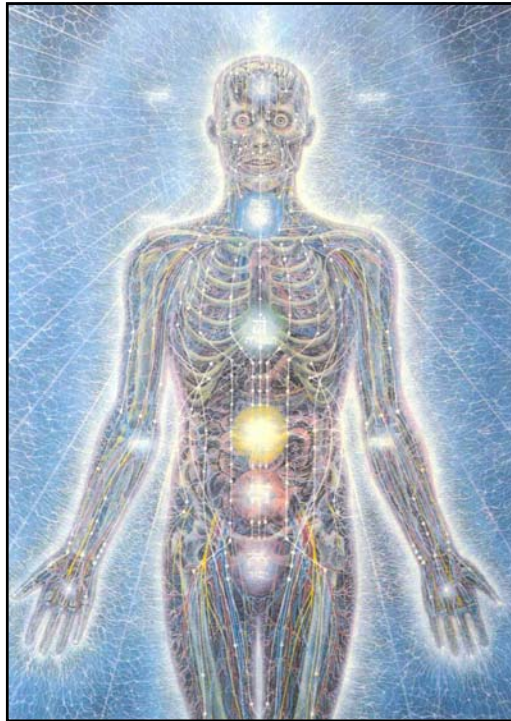
What Are Biofield Therapies?

- Therapies that involve the intentional alteration of subtle energy to elicit a healing response



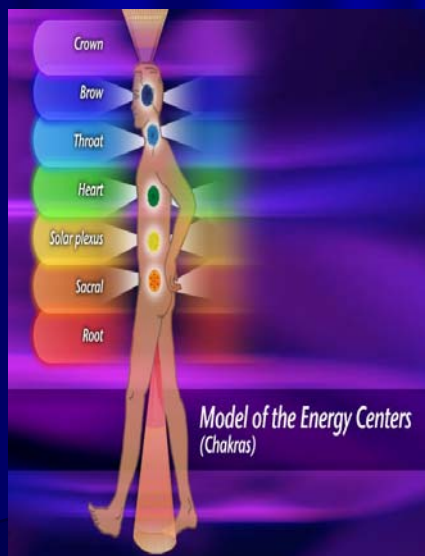
The Human Biofield

- There is a biofield surrounding and supporting the body that is in electromagnetic communication with the larger universal field
- Research has shown that energy fields exist in plants, animals and humans
- Water is a transmitter of electromagnetic signals
- Living cells have 10,000 molecules of water for each molecule of protein



Human Energy System

- **Chakras**= Energy Centers
- **Meridians**= Energy Tracts
- **Auras**= Energy Fields



- Wheels of Spinning Light
- The frequency of the chakra spin generates the color
- Storage of information (All events & actions in the past)
- All thought forms (energetic interpretations)

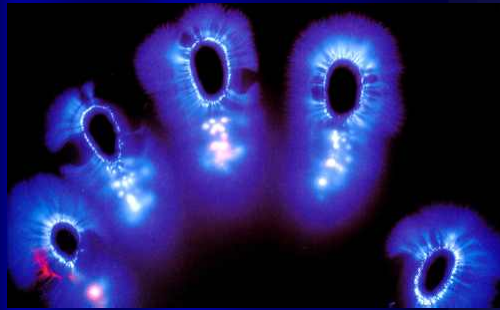
Seven Major Chakras

Chakra	Function	Gland	Color	Note
One	Physical	Adrenals	Red	C
Two	Emotional	Gonads	Orange	D
Three	Mental	Pancreas	Yellow	E
Four	Love and Forgiveness	Thymus	Green	F
Five	Expression	Thyroid	Blue	G
Six	Intuition	Pituitary	Indigo	A
Seven	Spiritual	Pineal	Lilac/White	B

The Energy System is Influenced by Everything

- Environment
- Thought
- Emotions
- Action
- Intent

Kirlian Photography



Examples of Biofield Therapies

- Healing Touch
- Therapeutic Touch
- Reiki
- Johrei
- Pranic Healing
- Qi-Gong
- Other hands-on-healing



Qi Gong

- Qi gong is a component of traditional Chinese medicine that combines movement, meditation, and regulation of breathing to enhance the flow of vital energy (qi) in the body to improve circulation and enhance immune



What is Healing Touch?

- Hands on Healing Program in over 40 countries
- Biofield or Energy Healing Therapy
- Continuing Education Program for Nurses
- Professional Certification
- International Membership Association

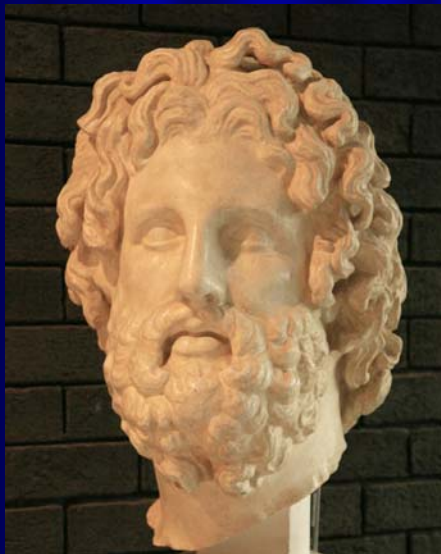


Goal of Healing Touch

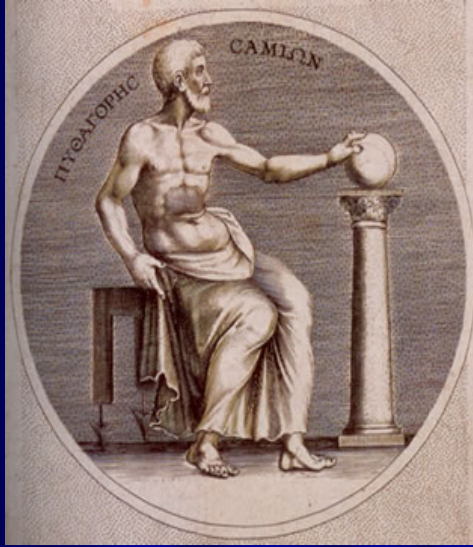
To restore balance and harmony in the human energy system which places the client for a position to self-heal

History of Energy Healing or Vital Force

- Egyptian
- Greek - Pneuma
- Chinese – Chi or Qi
- Indian – Prana
- Tibet - Lung
- Australian
- Japan - Ki
- Native American



The healing power of touch and energy dates back to Hippocrates the Greek physician and father of modern medicine who noted that a "force flowed from peoples hands"



Pythagoras in Greece referred to the biofield as a "vital energy perceived as a luminous body that could produce cures"

Rod of Asclepius



Rod of Asclepius

- Snake represents a shedding of the old
- "conveyed notions of resurrection and healing",
- Life and Death
- Sickness and health
- The rise of kundalini/shakti



Hygieia, the Goddess of Healing, daughter of Asclepius
"I swear by Apollo the Physician and by Asclepius and by Hygieia and Panacea and by all the gods ..."

Healing Touch in Patients Undergoing CABG Surgery at Scripps green Hospital La Jolla Ca Pre Surgery Anxiety Outcomes

- Pre Surgery
 - 200 Patients
 - Average = 5.2
 - Standard Deviation = 2.3
- Post Healing Touch
 - Average = 1.7
 - Standard Deviation = 1.2

Post Surgery Pain Outcomes

- Post Surgery (305 Patients)
 - Average = 2.3
 - Standard Deviation = 1.6
- Post Healing Touch
 - Average = 0.6
 - Standard Deviation = 0.8

Healing Touch With Guided Imagery for PTSD in Returning Active Duty Military: A Randomized Controlled Trial

Shamini Jain, PhD*†; CDR George F. McMahon, NC USN‡; LCDR Patricia Hasen, NC USN‡; CDR Madelyn P. Kozub, NC USN‡; Valencia Porter, MD, MPH||; Rauni King, RN, MIH, CHTP§; Erminia M. Guarneri, MD§

ABSTRACT Post-traumatic stress disorder (PTSD) remains a significant problem in returning military and warrants swift and effective treatment. We conducted a randomized controlled trial to determine whether a complementary medicine intervention (Healing Touch with Guided Imagery [HT+GI]) reduced PTSD symptoms as compared to treatment as usual (TAU) returning combat-exposed active duty military with significant PTSD symptoms. Active duty military ($n = 123$) were randomized to 6 sessions (within 3 weeks) of HT+GI vs. TAU. The primary outcome was PTSD symptoms; secondary outcomes were depression, quality of life, and hostility. Repeated measures analysis of covariance with intent-to-treat analyses revealed statistically and clinically significant reduction in PTSD symptoms ($p < 0.0005$, Cohen's $d = 0.85$) as well as depression ($p < 0.0005$, Cohen's $d = 0.70$) for HT+GI vs. TAU. HT+GI also showed significant improvements in mental quality of life ($p = 0.002$, Cohen's $d = 0.58$) and cynicism ($p = 0.001$, Cohen's $d = 0.49$) vs. TAU. Participation in a complementary medicine intervention resulted in a clinically significant reduction in PTSD and related symptoms in a returning, combat-exposed active duty military population. Further investigation of GT and biofield therapy approaches for mitigating PTSD in military populations is warranted.

Design

Population

- Active Duty Military (n=123)
- Intervention group (n=68)
- Control Group (n=55)

Intervention

- Healing Touch (HT) Guided Imagery (GI)
- Six treatments over three weeks

Outcomes

Primary Outcome

- PTSD Symptoms
Indexed by the gold-standard
PTSD Checklist (PCL-Military)

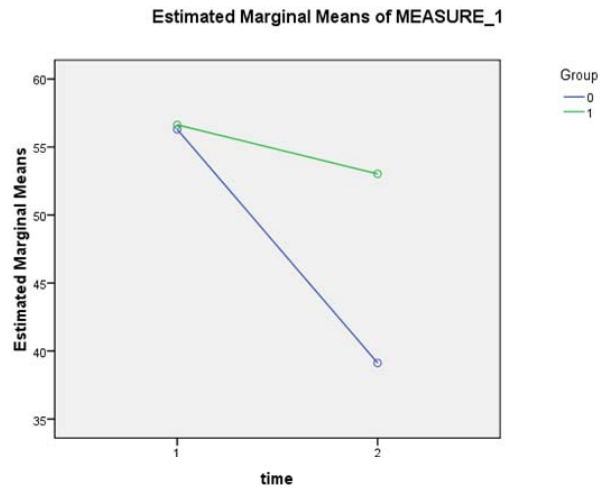
Secondary Outcomes

- Depression (Beck Depression Index)
- Quality of Life (SF-36)
- Hostility (Cook-Medley Hostility Inventory)

Results

Characteristic	HT+GI (n = 68)	TAU (n = 55)	P-value
Age, years	27.1 (20, 42)	27.9 (20, 48)	.51
Military Service, years	7.2	7.9	.42
Number of Times Deployed	1.9	2.0	.74
Gender			.75
Male	89.7%	92.7%	
Female	10.3%	7.3%	
Ethnicity			.29
Caucasian-American (CA)	69.8%	67.4%	
Hispanic/Latino	28.6%	23.9%	
African-American	0%	4.3%	
Asian/Pacific Islander	1.6%	4.3%	
Marital Status			.80
Married	61.2%	63.6%	
Divorced	6.0%	9.1%	
Separated	9.0%	5.5%	
Single	23.8%	21.8%	
Number of Children	.87 (0, 7)	1.1 (0, 5)	.20
Currently Use Medications for PTSD	56.9%	51.9%	.71
Currently Drink Alcohol (%)	74.2%	70.4%	.68

Significant group x time Interaction for PTSD symptoms with notable effect size!



Clinical & Statistical Significance

PCL-Military cutoff is 50

- Changes of 10 to 20 points are clinically significant
- Intervention group: a 14 point drop, which is clinically & statistically significant

BDI Score of 18 is significant for depression

- Intervention group: baseline score of 26.1 dropped to 16.4, suggesting a meaningful reduction

Cynicism

- Decrease of 14 % in Cynicism in the Intervention Group is particularly noteworthy

Conclusions

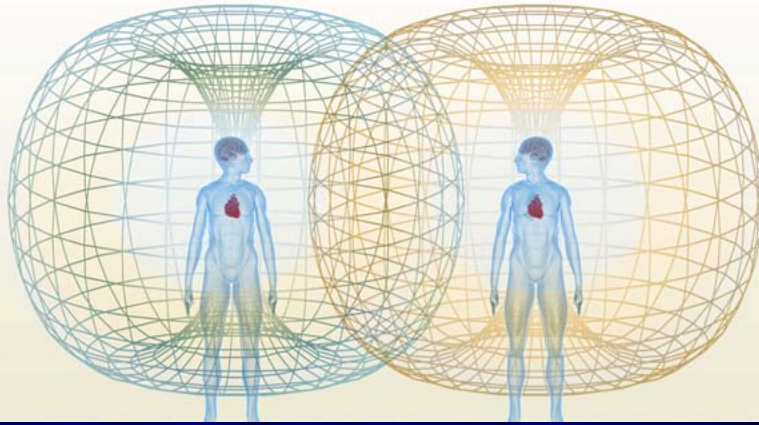
- Short term HT+GI efficacious for reducing PTSD, depression, mental QOL, Cynicism
 - Low attrition rate for therapy (12%)
 - Easy to administer in military setting
 - May be good short-term therapy for recent returns
 - Reduction in cynicism may help to address stigma issues that prevent these warfighters from seeking conventional treatment for PTSD

What does the evidence suggest?

- According to our recent systematic review of 66 studies of biofield therapies¹, studies to date:
 - Are of medium methodological quality
 - Show strong evidence for reducing pain intensity in pain populations
 - Show moderate evidence for reducing pain intensity in hospitalized and cancer patients
 - Show moderate evidence for decreasing behavioral symptoms of dementia
 - Show moderate evidence for decreasing anxiety in hospitalized populations
 - Have mixed evidence on other symptoms in cancer patients

1 Jain & Mills (2010). Biofield Therapies: Helpful or full of hype? A best-evidence synthesis. International Journal of Behavioral Medicine, 17(1): 1-16.

The quality of our thoughts and emotions affect the heart's magnetic field which energetically affects those in our environment — whether we are conscious of it or not.



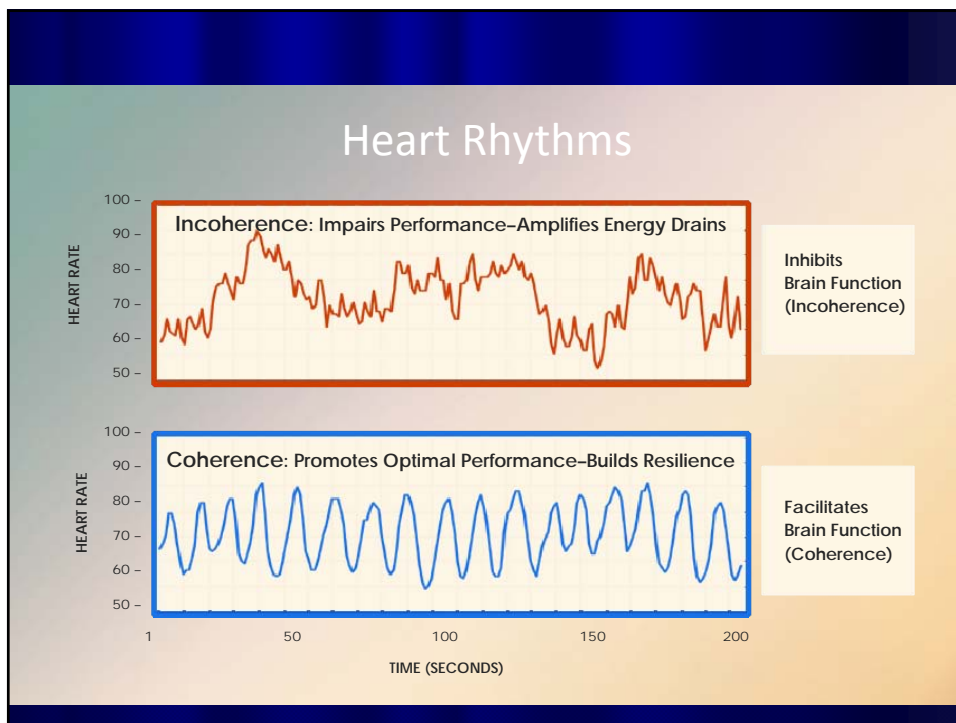
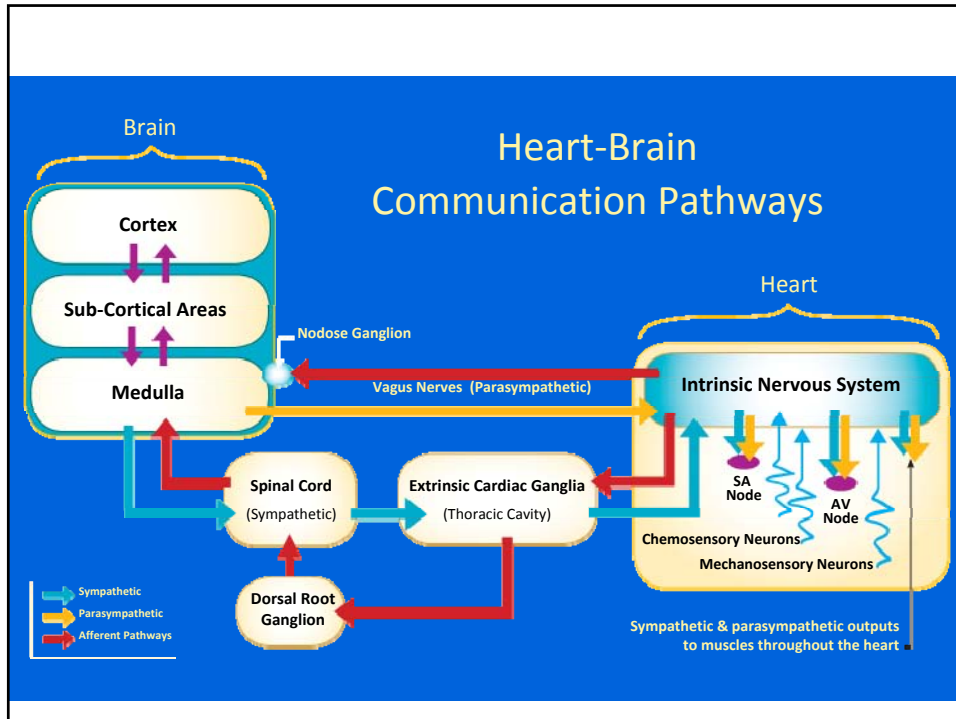
Central Role of the Heart

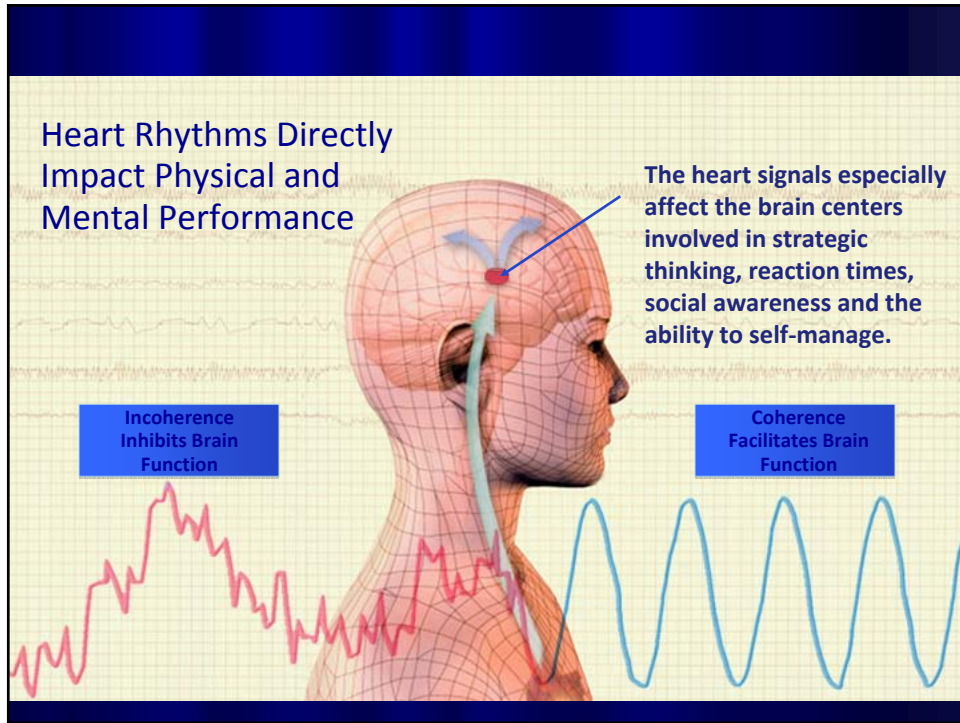
As the most powerful and consistent generator of rhythmic information patterns in the body, the heart is in continuous communication with the brain and body through multiple pathways:

- neurologically
- biochemically
- biophysically
- energetically

The heart is uniquely well positioned to act as the “global coordinator” in the body’s symphony of functions to bind and synchronize the system as a whole.





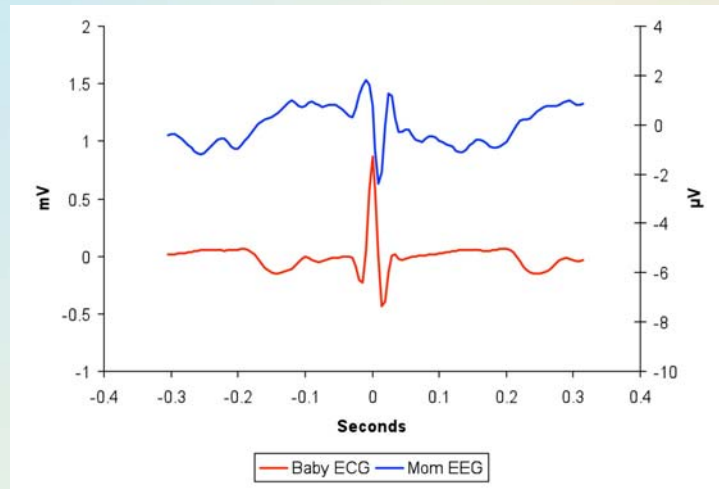


Coherence Improves Brain Functions

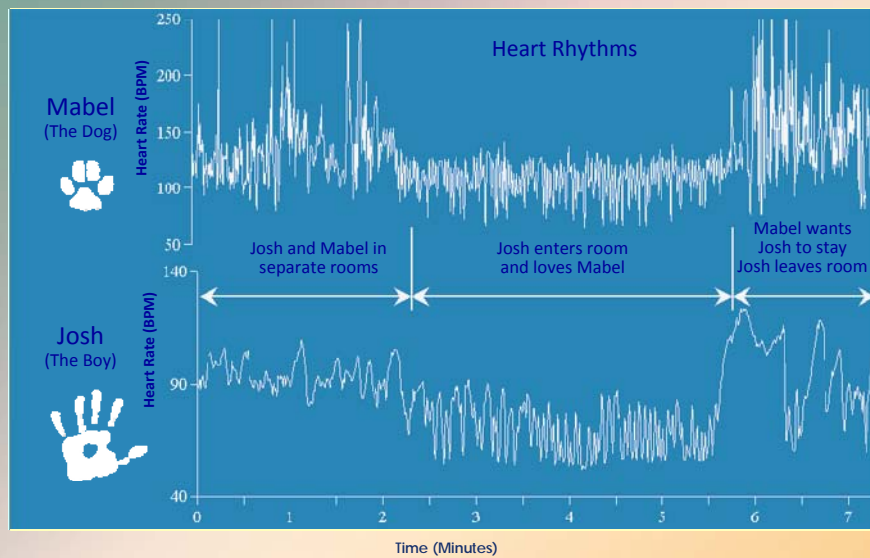
Improved Mental Function:

- Decision-making
- Ability to focus, process information and solve problems
- Reaction times and coordination
- Long and short-term memory
- Academic Performance

Baby's Heartbeat Detected in Mother's Brainwaves



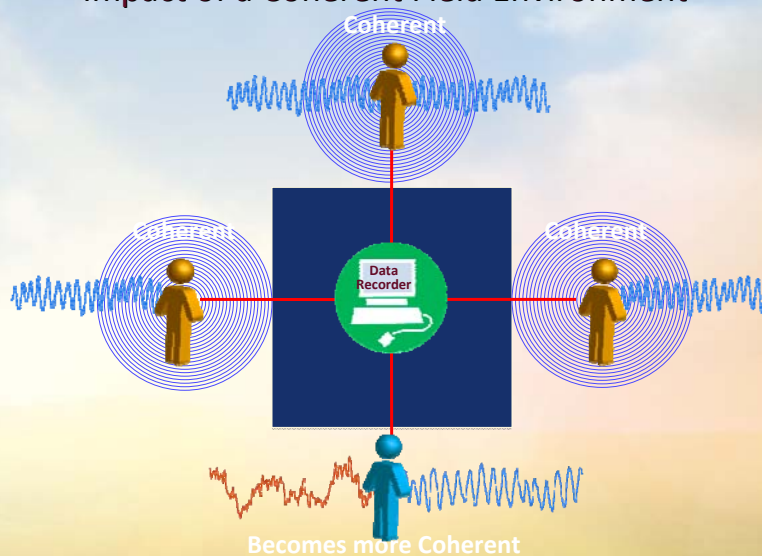
A Boy and His Dog



Energetics of Communication

- Emotional energy transfers unsaid feelings that color communication.
- The energetics of anxiety, judgment, frustration, preconceptions, etc., can create drama and incoherent communication.

Impact of a Coherent Field Environment



**Problems in Communication
Multiplies Energy Drain**

- Impatience
- Frustration/Irritation
- Anger
- Blame
- Negative projections



**70% of mistakes trace back to
problems in communication.**

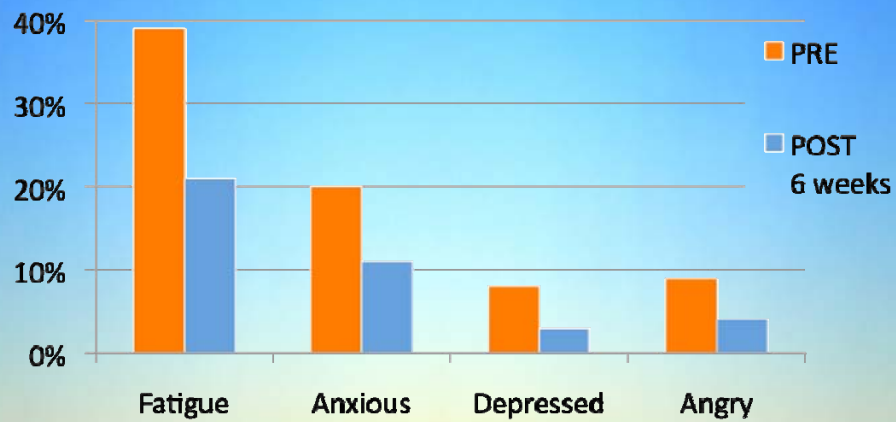


A Path to Peace

- Heart Focus
- Heart Breathing
- Heart Feeling

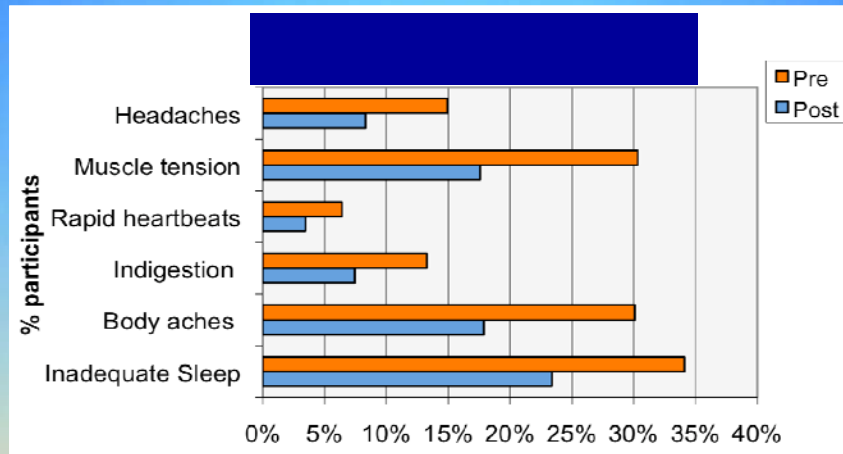


Meta Analysis of 3129 Individuals from Government and Health Service Organizations

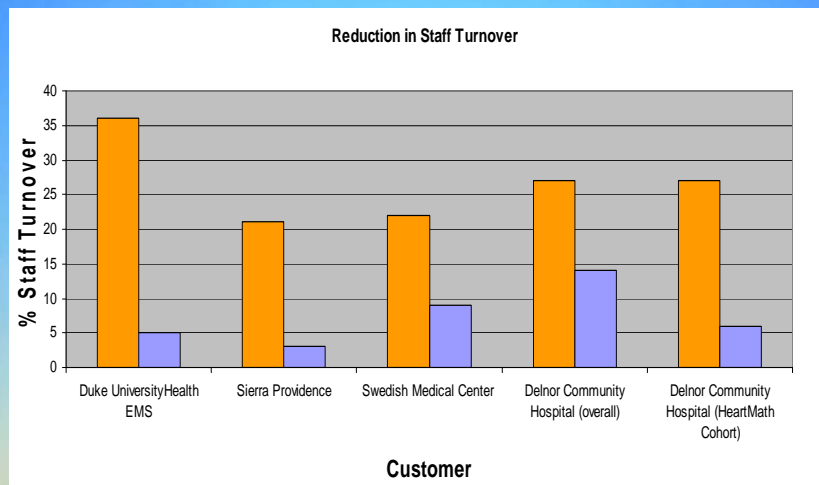


Assessment: POQA

Meta Analysis: Stress Symptoms



Staff Turnover Reductions



40% - 71% reduction
in medical errors

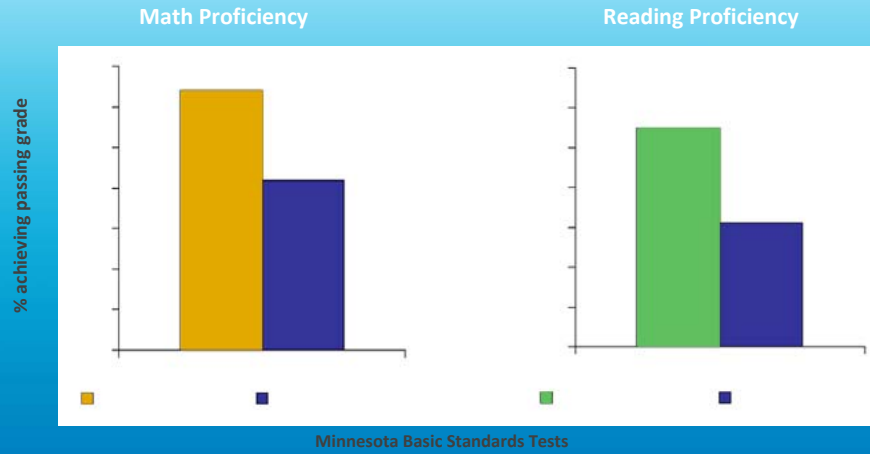


Study Results

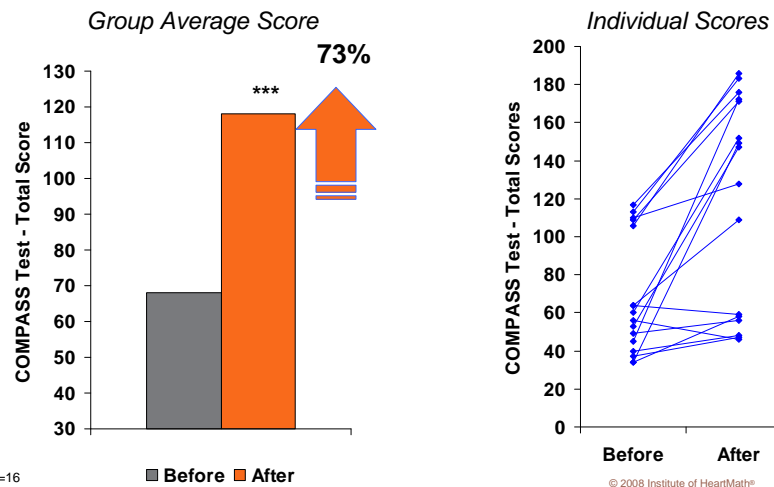
- **Blood Pressure in Hypertensive Employees (HP)**
20% reduction in diastolic and systolic blood pressure
- **Diabetes (LifeScan division of J&J)**
30% increase in quality of life metrics; 1.1% reduction in HbA 1c in Type 2 diabetes (1% HbA 1c reduction = 35% reduction in microvascular damage)
- **Congestive Heart Failure (Stanford Hospital)**
- **Heart Arrhythmias (Kaiser Permanente)**
75% of the patients had significantly fewer episodes of atrial fibrillation and 20% were able to stop medication altogether
- **Asthma (Robert Wood Johnson Medical School)**
Over 50% of patients experienced a decrease in airway impedance, symptom severity and medication consumption

Passing Rates for High School Seniors

HeartMath Group vs. District Average



COLLEGE PREP READINESS PROGRAM – COMPASS TEST



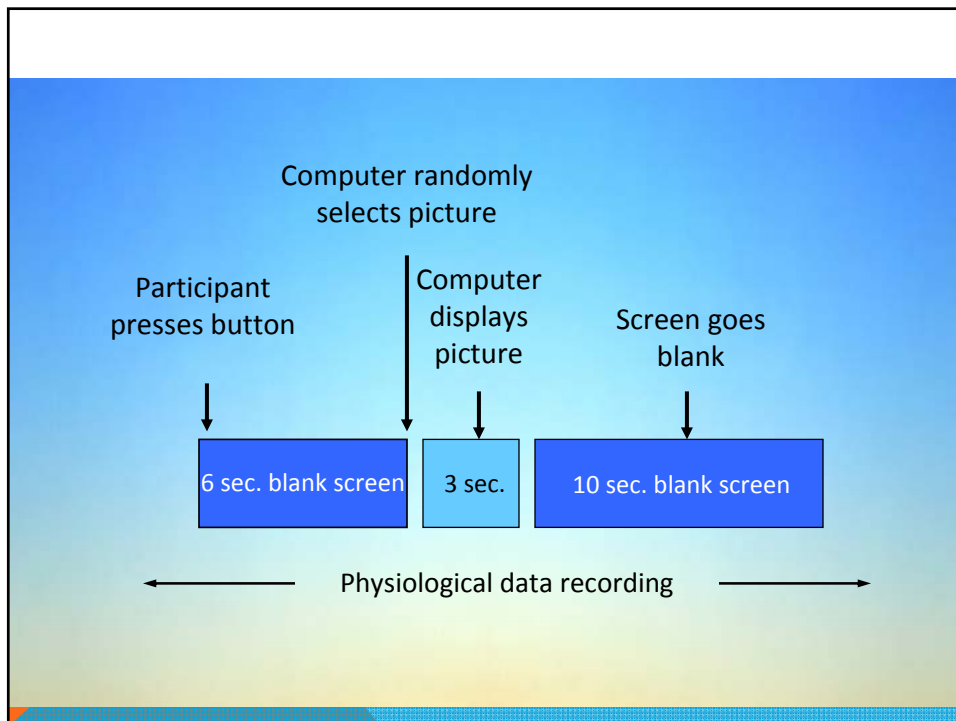
Post Surgery Anxiety Outcomes

- Post Surgery (305 Patients)
 - Average = 2.8
 - Standard Deviation = 1.5
- Post Healing Touch
 - Average = 0.8
 - Standard Deviation = 0.9

The Electrophysiology of Intuition



Sometimes if a future event is emotionally relevant, the heart produces a signal that alerts you before the event takes place.



**Electrophysiological Evidence of Intuition:
The Surprising Role of the Heart**

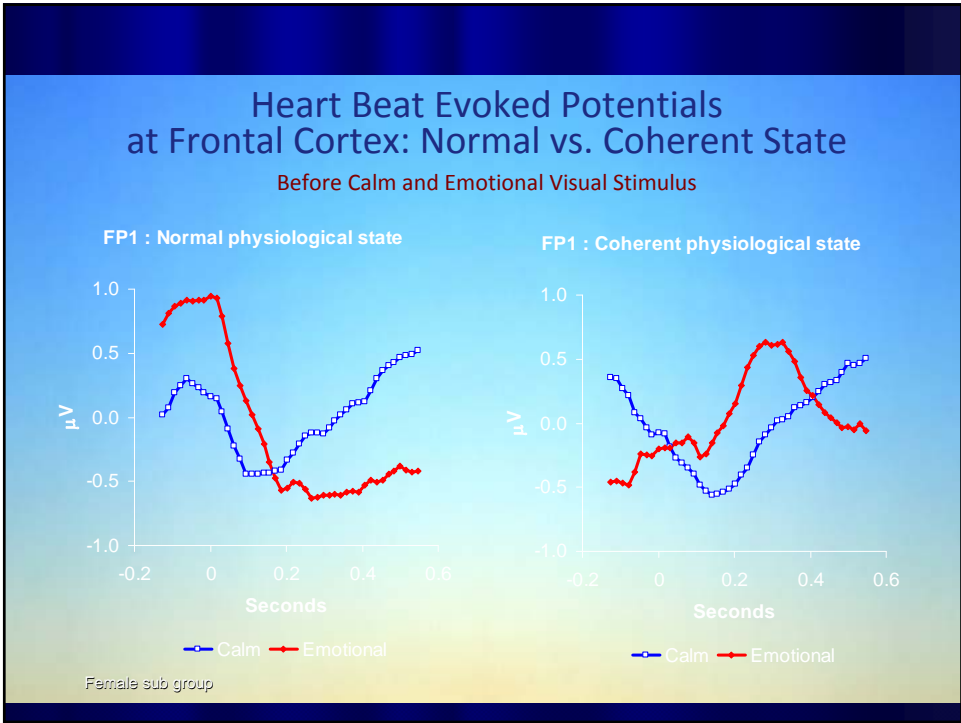
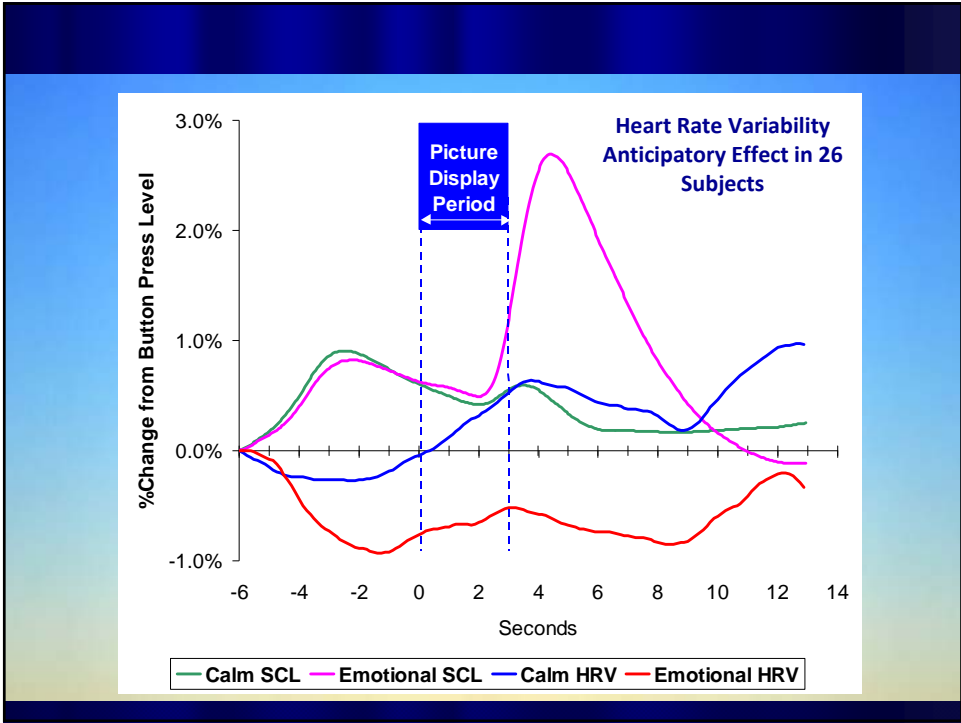
ROLLIN McC RATY, Ph.D.,¹ MIKE ATKINSON,¹ and RAYMOND TREVOR BRADLEY, Ph.D.

- 26 research subjects participated in the protocol twice: once in his/her baseline psychophysiological state and once after having maintained a physiologically coherent state for 15 minutes prior to participation in the session

**Electrophysiological Evidence of Intuition:
The Surprising Role of the Heart**

ROLLIN McC RATY, Ph.D.,¹ MIKE ATKINSON,¹ and RAYMOND TREVOR BRADLEY, Ph.D.

	Stimulus Conditions	
Experimental Conditions	Calm	Emotional
1. Baseline psychophysiological mode	30 trials	15 trials
2. Post-physiological coherence mode	30 trials	15 trials



The Intuitive Heart

- When we are heart centered and coherent, we have a closer alignment with our deeper source of intuitive intelligence—the energetic or spiritual heart.
- There is an increased flow of intuitive information that is communicated via the emotional energetic system to the mind and brain systems, resulting in a stronger connection with our “inner voice.”
- The practice of heart coherence offers increased access to the largely untapped higher capacities required to solve the many challenges we face.



“Human beings are comprised of body and soul. The body represents the terrestrial aspect of humans whereas the soul is the celestial aspect. The point where the two meet is the human heart. In other words, the heart acts as a window between the earthly and heavenly.”

Dr. Gohar Mushtaq in *The Intelligent Heart, the Pure Heart*