

The Energy Medicine Institute

Energy Medicine: What is it and how does it work?

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**"Energy is the foundation of physical and emotional health."
~ Donna Eden**

Energy medicine is both a complement to other approaches to medical care and a complete system for self-care and self-help. It can address physical illness and emotional or mental disorders, and can also promote high-level wellness and peak performance.

You heal the body by activating its natural healing energies; you also heal the body by restoring energies that have become weak, disturbed, or out of balance.

To accomplish this goal, energy medicine utilizes techniques from healing traditions such as acupuncture, yoga, kinesiology, and qi gong. Flow, balance, and harmony can be non-invasively restored and maintained within an energy system by tapping, massaging, pinching, twisting, or connecting specific energy points (acupoints) on the skin; by tracing or swirling the hand over the skin along specific energy pathways; through exercises or postures designed for specific energetic effects; by focused use of the mind to move specific energies; and/or by surrounding an area with healing energies (one person's energies impacts another's).

Use energy medicine to treat illness and relieve pain; stop the onset of illness as soon as it begins, stimulate immune function, relieve headaches, release stress, improve memory, enhance digestion, relieve arthritis, neck, shoulder, and low back pain, and cope with electromagnetic pollution.

By learning simple energy techniques to keep your energies balanced and humming, you can improve your health, sharpen your mind, and increase your joy and vitality.

Learn more about Energy Medicine:

[The Principles of Energy Medicine](#)

[A Beginners Guide to Energy Medicine](#)

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