

## **With a Potentially Serious Medical Diagnosis ....Why "Watch and Wait"**

by Kim Starbuck

When medical testing reveals that something unhealthy is possibly developing in her body, a patient may be sent home to "watch and wait." This happened to a woman I met recently; let's call her Pat.

A routine Pap smear showed that she had some abnormal, potentially pre-cancerous cells in her cervix. Her doctor encouraged Pat to come back every six months to repeat the test in hopes that the pre-cancerous cells would be replaced by healthy cells.

Unfortunately, while "watching and waiting," exercising and eating well, over the next three years, Pat developed full-blown uterine cancer. At that point, she felt like she had no option but to undergo a complete hysterectomy. The good part is that she survived.

Since that time, Pat has heard about Energy Medicine. Now, she wonders whether these emerging energetic approaches to healing might have helped her avoid the heart-breaking progression of disease she experienced.

"America's Doctor," Dr. Oz, has proclaimed that Energy Medicine is "the Medicine of the Future." So, what is Energy Medicine? And how might it help someone like Pat?

Energy Medicine asserts that there is an energetic field in and around the physical body which supports health and wellbeing. Distortions or blocks in this energy field, which may be congenital or acquired through trauma and stress, gradually undermine and erode a person's health until symptoms of a disease manifest.

Acupuncture is probably the best known and most widely researched system of Energy Medicine. It addresses the major routes of energy flow in the body, the acupuncture "meridians," and seeks to enhance the functioning of the internal organs at the same time as maintaining optimal communication between organs, endocrines, and other body parts.

The integrative effect of Acupuncture is a valuable adjunct to Western Medicine, which tends to treat body parts individually rather than as part of the whole person. Acupuncture is widely recognized for treating pain, but studies conducted through the National Institutes of Health demonstrate it to be effective for hundreds of other health conditions, including many neurological and internal medicine diagnoses. (For the complete list, see Benefits at [www.YourBodyBalanced.com](http://www.YourBodyBalanced.com))

The word about the benefits of Acupuncture is getting out. Here in Charlottesville, the University of Virginia's medical insurance program covers acupuncture treatments for all employees. Obviously, forward-looking insurance companies are discovering that treatment with Acupuncture can prevent more invasive and costly medical procedures down the line.

After thousands of years of refinement, and now hundreds of clinical trials, Acupuncture can definitely be considered "tried and true." New developments in Energy Medicine are equally, if not more, exciting. For instance, Dr. John Veltheim merges the latest scientific knowledge with ancient Chinese and Vedantic wisdom in his "Quantum Healing" modality, BodyTalk. Intriguingly, BodyTalk practitioners do not diagnose or even treat specific

illnesses, per se. They support the client's own bodymind in addressing its imbalances and creating optimal conditions for health and healing.

In a BodyTalk session, the practitioner finds and balances the energy of areas in the body that need attention: a body part for example, an area of the spine or an organ; it could be a memory or an emotion causing stress; there may be a viral or bacterial infection that the immune system doesn't seem to be addressing effectively; a scar from an accident or surgery could be blocking blood, lymph, nerve, or energy flow. Other areas of focus could be an allergen, a limiting belief system, emotional or physical trauma, an environmental factor such as exposure to a toxin. An energetic structure such as an acupuncture meridian or chakra might need clearing. Any one or combination of these issues will diminish the body's ability to function at optimal levels.

As imbalances are addressed and the body becomes more synchronized, it moves from fight or flight (stress mode) to parasympathetic mode (healing and restoration mode). Energy Medicine can help people to successfully meet their health challenges and get back to feeling good physically and emotionally. Results with this approach can be impressive, even with chronic conditions that have not responded well to conventional interventions. Moreover, recent research shows that BodyTalk can produce health-promoting effects even at a distance.

In contrast, a diagnosis within the western medical system often leads a person to feel powerless and fearful, which exaggerates any existing disharmony. One of my best friends, an MD, very appropriately rephrased the "watch and wait" strategy to "watch and worry." There is really no need to simply watch, wait, and worry when you could be being helped by Energy Medicine. The sense of enhanced wellness you experience with Acupuncture and/or BodyTalk is the result of cascades of healing biochemical reactions inside your body; therefore, I conclude that, "Feeling Good is Good for You!"