



Surfing the Energy W.A.V.E.

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ENERGY W.A.V.E. 1402 446th Ave - Pickerel Lake, Grenville SD 57239
www.energywave-energymedicine.com 605-590-0899

November 2015
Volume 3 Issue 11

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"...extremely happy to have found Eden Energy Medicine."

Lose Weight with a Good Night's Sleep

By Kim Droze (1)

From premature aging to a compromised immune system, the side-effects of sleepless nights can add up, according to Barbara Harris, editor-in-chief of Shape magazine and author of *Shape Your Life: 4 Weeks To A Better Body -- And A Better Life!* (Hay House, 2002). During her more than 15 years at the helm of Shape magazine, Harris compiled the secrets to what makes or breaks an effective fitness regimen. She says getting in the best shape of your life requires more than just a good workout. In fact, Harris maintains that in order to improve your overall health, you need to take a holistic approach that focuses on seven main areas: sleep, exercise, diet, spirituality, emotions, body image, [and] work.

Sleep is crucial for optimum immunity, Harris says. When you don't get enough shuteye, your workouts may be less effective and you're more likely to store fat. But that's not all. Your ability to manage stress throughout the day is also compromised.

Studies reveal women frequently turn to food to soothe themselves in times

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Energy Medicine for Autoimmune Hepatitis

By Maggie Geehan (2)

At 71 years young, I have a very complicated medical history and am extremely happy to have found Eden Energy Medicine (EEM). I started working with EEM Clinical Practitioner Lyn Milum in Altamonte Springs, Florida, on January 21, 2015. Little did I know that just six days later, I would end up in an ambulance and in the ER because of battling the flu for the last month. The ER doctor told me that I needed to see a gastroenterologist immediately, as my liver bloodwork was testing extremely high.

I spoke with the doctor and he wanted me to go on steroids, as I have autoimmune hepatitis. Extremely high blood levels like mine could cause scarring/sclerosis of the liver. I told him that I needed time to let my body handle this naturally. I have been a patient of his for more than 12 years, and he agreed to my request but asked that I not wait too long.

I called Lyn on February 5 and asked if EEM could help with my situation. She had me do Figure 8s over the liver and then hold my liver with loving

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of stress. It's also a fact that many women eat more to raise their energy level. The root of these problems can be traced to the stress-associated hormone cortisol. Initially it suppresses appetite, but later there's a rebound increase. Sleep experts know the less you snooze, the more you produce this cortisol. Harris says the hormone also depletes muscle via cellular breakdown. As your cortisol levels increase, your muscles weaken and the strengthening exercises you do become less effective.

The good news: you don't have to lose any sleep over this dilemma. Not when you follow these 10 tips for a good night's snooze.

"The good news: you don't have to lose any sleep..."

1. Get regular exposure to daylight, especially in the afternoon. (Research shows that night-shift workers can improve daytime sleep by working under bright lights.)
2. Prior to bedtime, use dimmer switches or turn off a few lamps to lower the lighting in your home or apartment.
3. Don't allow yourself to nod off on the sofa. When you start feeling drowsy, get up and go to bed.
4. Use your bedroom only for sleep and sex. Don't make it a satellite office, study hall or entertainment center.
5. When you can't sleep, try using imagery and thoughts to relax. Deep-breathing techniques also work.
6. If you haven't dropped off within about 20 minutes, get out of bed and read or engage in some other quiet activity. Go back to bed when you get sleepy.
7. Put the alarm clock out of sight. Clock watching doesn't help you sleep -- it may even keep you awake.
8. Sleep specialists recommend lying on your back or on your side, not your stomach.
9. Get Fido and Fluffy their own comfy beds. In a study conducted by the Mayo Clinic, half the people surveyed had their sleep disturbed by pets.
10. Only take over-the-counter sleep aids as an occasional emergency measure. You can build up a tolerance to them very quickly. If you find yourself relying on them, see your doctor.

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NOTE: This article has great tips to help with sleep. Next to stress and problems with chronic or acute pain, many clients of *Energy W.A.V.E.* seek energy balancing due to some type of sleep issue. Energy medicine techniques as well as The Bars® technique are available, which can focus on improving sleep, as well as addressing issues with weight, adrenal burn-out or excess cortisol, and improving the immune system. Whether it's being able to fall asleep, calming the body (or the mind of "too much thinking") or staying asleep, *Energy W.A.V.E.* can work with your energies and provide personalized energy techniques for you to continue to use at home. To schedule an energy medicine or Bars session, call/text 605-590-0899.

(1) http://www.massagetherapy.com/articles/index.php/article_id/402/Lose-Weight-With-a-Good-Nights-Sleep Originally published in *Massage Bodywork* magazine, June/July 2003. Copyright 2003. Associated Bodywork and Massage Professionals. All rights reserved. Accessed 7 October 2015

Connected

By Lynne MacTaggart

“Human beings and all living things are a coalescence of energy in a field of energy connected to every other thing in the world. This pulsating energy field is the central engine of our being and our consciousness, the alpha and the omega of our existence. ‘The field,’ as Einstein once succinctly put it, ‘is the only reality.’”

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intention. I am blessed to be able to see my energies, so when I did the Figure 8s over my liver, I saw beautiful, pastel, rainbow-colored energies swirling and flowing through and around my liver. When I held my liver with spiritual guidance and loving intention, the energies presented as orange and lemon creamsicles -- orange and white energies and yellow and white energies flowing through my liver.

What a sweet symbol to cool down this inflammatory autoimmune disease! My doctor followed up with bloodwork the next day, and my levels were still elevated. I asked him to grant me more time.

Lyn met with me on February 20 and, through energy testing, discovered that energy was getting “stuck” in the aura just outside of my liver. We started doing Figure 8s in the aura around the liver and I began to see bright green energies flowing through my liver aura as it began to heal. I added this technique, along with the previous two, to my Five Minute Daily Energy Routine.

Within that week, my doctor ordered more blood tests. My levels were still elevated, and he began to panic. I begged him to please give me a little more time. He said, “I’ll give you four more weeks, and that’s it!”

I saw Lyn on March 18 for continued EEM care, and she began to sedate, strengthen, and balance my liver meridian energies. She taught me how to do this technique, and I added it to my daily routine.

Three and one-half weeks later, on April 13, my doctor took me through the bloodwork. It was a miracle! My results ALL came back as normal. My doctor was so glad to see that Eden Energy Medicine worked for me and said, “Let’s go back to monitoring your autoimmune hepatitis every three months again!” It is now several months later, and my liver is doing great! I continue to do the EEM exercises daily to support my liver.

I am new to EEM and am grateful for Spirit, Lyn, and EEM for being there to show me new ways to naturally care for my loving and beautiful body. I have so many reasons to celebrate my life! A special thanks to Donna for sharing her gifts with us.

NOTE: Autoimmune hepatitis is liver inflammation which occurs when a body's immune system attacks the liver. Its cause is unknown and it can lead to liver failure. More than 3,000 people are diagnosed with it in the U.S. each year. Available treatments include liver transplant or daily doses of prednisone, often for the remainder of one's life. Side effects associated with prednisone include diabetes, thinning bones, broken bones, high blood pressure, cataracts, glaucoma, and weight gain. With the open-mindedness of her physician to give energy medicine a chance at this woman's request, she was able to overcome her autoimmune hepatitis.

(2) Excerpted from “EEM for Autoimmune Hepatitis of the Liver” by Maggie Geehan.

<http://innersource.net/em/1168-eem-for-autoimmune-hepatitis-of-liver.html#aug15eletter>

accessed 10 October 2015.

“We started doing Figure 8s...and I added it to my Daily Energy Routine.”

Study: Energy Medicine in a Hospital Setting

By Penny

A study was recently published in a peer-reviewed journal, the June 2015 issue of *The Journal of Alternative and Complementary Medicine*. The study, submitted as a paper titled "Feasibility of Energy Medicine in a Community Teaching Hospital," investigated the impact of a solo practitioner bringing Energy Medicine techniques into a local hospital. This particular study was performed at Lutheran Medical Center in Brooklyn, New York.

The paper notes that Energy Medicine (EM) is increasingly being offered by major hospitals, and that a primary reason for this development and growing acceptance of Energy Medicine is patient satisfaction, with some surveys reporting the percentage of "satisfied users" being as high as 98%.

Also cited in the paper are that studies have shown Energy Medicine to improve pain, mood, anxiety, wound healing, fibromyalgia, phantom limb pain, functional status, blood pressure, well-being, fatigue, immune function, relaxation, cancer outcomes, and carpal tunnel syndrome. It was very interesting when I saw the article included a statement that no reports were found in the published literature of increased mortality, morbidity, or serious adverse effects from Energy Medicine.

In the study, after obtaining approval from the hospital's institutional review board, permission was obtained from the physician unit leader and head nurse manager of 3 hospital centers to be included in the study.

The study found that Energy Medicine was accepted by the medical staff and was in demand. Of 50 cases of pain, for example, 76% of the patients treated with Energy Medicine reported "marked improvement." For 29 other issues, 79% reported marked improvement. Changes were usually immediate, and the study lists tables of patient issues treated with EM, of which the results were also interesting to me.

This investigation shows what is possible with Energy Medicine in a hospital inpatient and emergent care setting, and it provides a model other practitioners can follow. Some practicality issues of implementing Energy Medicine were also discussed, such as administrative approval; quality monitoring; consent processes; nurse, physician, and patient acceptance; and payment.

"This study found that integrating solo-practitioner energy medicine into inpatient and emergent hospital settings was largely feasible within the parameters of the study itself. In addition, it found significant immediate improvements in most patients after EM sessions with respect to symptoms of their medical conditions and, to a lesser extent, with signs. Before the sessions, physicians identified these signs and symptoms as in their judgment unlikely to change rapidly." (3) I'm very excited that EM has been shown to be feasible, and of benefit, to patients in hospital settings!

(3)

<http://online.liebertpub.com/doi/pdfplus/10.1089/acm.2014.0157> accessed 16 October 2015.



1402 446th Ave - Pickerel Lake
Grenville SD 57239

Phone:
605-590-0899

E-mail:
Penny.energywave@gmail.com

The purpose of an energy balancing session is to promote balance, harmony, and flow of the body's energy systems which can enhance the body's natural ability to heal itself. *Energy W.A.V.E.* does not diagnose illness or disease, or prescribe medications. *Energy W.A.V.E.* clients are expected and encouraged to take responsibility for their own health. Clients should consult their medical doctor or primary care provider with any health concerns and before making any changes in their health care.

Though the modalities used by *Energy W.A.V.E.* have helped many people, *Energy W.A.V.E.* does not guarantee any specific outcomes. Energy balancing is unique to each individual, and your body's energies with your Innate Wisdom will guide whatever experience is deemed most appropriate for you to receive during an energy balancing session at *Energy W.A.V.E.*

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