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## ***What is Energy Medicine?***

It is both a complement to other healing modalities in health care as well as a complete system for self help and self care. *It is not intended to treat or diagnose; it is an adjunctive therapy.* The techniques used can address physical, mental, and emotional disorders, and it can also promote high level wellness. Energy is a vital, living, moving force that can say a lot about a person's state of health or wellbeing. The body is able to become healthier or heal itself by the activation of its natural healing energies, as well as restoring those which have become depleted, out of balance, or weakened.

Specifically, using your own body as a tool, I check for imbalances in the electromagnetic energy field that is both in, and surrounding, your body. I perform some techniques designed to restore balance, and I will give you simple exercises to do to keep those imbalances corrected. Much of what I do is based on traditional Chinese Medicine; it employs a combination of acupressure points (acupuncture without the needles), applied kinesiology, Touch for Health, medical Qi Gong, and yoga. In Chinese Medicine, a basic tenet is that if something is not right in your life – physically, emotionally, or spiritually, it is due to an imbalance or disruption of the energy flow in and around your body. In fact, it is believed that disturbances in the energy field precede actual physical illness. We work together to discover where these disruptions are, and then correct them. I also give you the tools to correct them and maintain the needed balance in your life. These tools and techniques are based on the teachings of Donna Eden, for more information, go to [www.innersource.net](http://www.innersource.net). It is important to remember that energetic habits are like any other habit, and it will take a certain period of time to change them. The results can be amazing!

Energy medicine has many applications. It is often used for anxiety, depression, control of painful periods, hypertension, GERD, menopausal symptoms, pain, enhancement of coping skills, and achieving greater balance in personal, professional and/or spiritual lives. Here at Bend Obstetrics & Gynecology, I am currently offering techniques to help manage anxiety, depression, painful periods, menopausal symptoms and GERD. I look forward to expanding upon these services in the future as well.