

# REIKI - 101

## WHAT IS REIKI?

Reiki (pronounced RAY-key) is a subtle energy healing practice that encourages balance in body, mind and spirit. It is based on the principle that the practitioner can channel energy into the patient by means of touch. This may activate the parasympathetic nervous system (your body's rest and digest system) which supports the natural healing processes of the patient's body, encouraging a return to a state of (physical, mental and emotional) wellness.<sup>1</sup>

Reiki falls under the medical heading of Complementary and Alternative Medicine (CAM). CAMs (homeopathy, naturopathy, acupuncture, etc.) are generally accepted complementary treatments to conventional medical care and should not replace such practices, but rather exist to support conventional medical care.

Reiki is used for: Stress, Pain, Fatigue, Depression, Anxiety, Mental Health, Chronic Pain, Caregiver Burnout

## WHERE'S THE PROOF?

In recent years, several scientific studies have been conducted on Reiki in medical settings, like surgery. While the placebo effect is real and provides positive effects to humans, studies done on animals provide tangible data on the effects of Reiki on the body without placebo effect. Triple blind studies testing blood pressure and stress hormones in rats have shown discernible decreases in stress and pain for those animals treated by Reiki Practitioners. No change was perceived by those animals treated by Sham Reiki Practitioners or those control case animals not treated at all.<sup>2</sup> This is very exciting for the future of Reiki in medical practices. Many hospitals in the United States have started using Reiki to shorten recovery times for surgery patients.

## WHERE CAN I GET SOME?

Reiki should not be used to replace conventional care or to postpone seeing a health care provider about a health problem. If you have severe or long-lasting symptoms, see your primary health care provider regularly.

*"Tell all your health care providers about any complementary health approaches you use. Give them a full picture of what you do to manage your health. This will help ensure coordinated and safe care."<sup>3</sup>*

Locally, there are many Reiki Practitioners you can choose from. Please find more information about local Energy Work practitioners and their experience by visiting <http://valerieking.ca/energy-workers>

If you would like to discuss Reiki and how it might compliment your other medical care practices, please call 705-255-1222, or email [val3rieking@gmail.com](mailto:val3rieking@gmail.com).

## #Wellness #YOUiverse

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<sup>1</sup> [http://reikiinmedicine.org/pdf/alt\\_therapies\\_reiki.pdf](http://reikiinmedicine.org/pdf/alt_therapies_reiki.pdf)

<sup>2</sup> <https://www.ncbi.nlm.nih.gov/pubmed/16494564>

<sup>3</sup> <https://nccih.nih.gov/health/reiki/introduction.htm#top>