

## *7 Health Benefits of Reiki*

By: Susan Noss, MS, RD

Reiki works on different levels the physical, mental, emotional & spiritual enhancing everything in life. Reiki is not only one of the oldest healing systems in use; it is also one of the most versatile. This ancient Japanese method of healing uses energy to balance the body and mind, and its benefits can be felt by both Reiki practitioners and their clients.



In fact, Reiki is believed to improve just about any aspect of life, from physical health to emotional well-being to stress reduction and mental clarity. Reiki techniques are used to heal the body, mind and the spirit. It has been proven that Reiki can help people suffering from various major and minor ailments. It is often used as a complementary therapy in a number of hospitals today. It enhances the health care the patient receives in both in the hospital and from outpatient health care providers. Reiki has not only helped patients with physical ailments but also helped those with minor psychological problems as well.

One of the greatest Reiki healing health benefits is stress reduction and relaxation, which triggers the body's natural healing abilities (immune system), aids in better sleep and improves and maintains health.

Reiki helps bring about inner peace and harmony. It can be valuable tool in the quest for spiritual growth

Reiki also balances the mind and emotions. Regular Reiki treatments can bring about a calmer and more peaceful state of being, in which a person is better able to cope with everyday stress. This mental balance also enhances learning, memory and mental clarity. Reiki can heal mental/emotional wounds, work through dysfunction In more severe situations, Reiki can help alleviate mood swings, fear, frustration and even anger. Reiki can also strengthen and heal personal relationships. Because Reiki enhances your capability to love, it can open you up to the people around you and help your relationships grow. By improving your capacity for empathy, Reiki allows you to connect with people on a deeper level.

Reiki offers relief during emotional distress and sorrow. Reiki helps in the grieving process. It cleans and clears the emotions, preventing them from being so draining and offers perspective.

On the physical level, Reiki helps to relieve pain from migraine, arthritis, sciatica ~ just to name a few. It also helps with symptoms of asthma, chronic fatigue, menopausal symptoms, and insomnia.

Reiki speeds up recovery from surgery or long-term illness. As it helps in adjusting to medicine/treatment, it also tends to reduce side-effects. For example, Chemo-therapy patients who received Reiki noticed a marked decrease in side effects from treatment.

Reiki can be an effective way to treat immediate problems, such as physical or mental illness (recovery from surgery, but regular treatments can also improve overall health. By helping to maintain a state of physical and emotional balance, Reiki can not only treat problems, but perhaps even prevent them from ever developing.

Reiki is for everyone: it heals adults, babies, toddlers, children, elderly and pets.

*Balance Reiki & Nutrition founder Susan Faith Noss, MS, RD offers an innovative approach with substantial information and real answers personally for you! For over 20 years, Susan has helped people like you improve their health with by making nutritional and lifestyle changes ... changes they often were never advised of anywhere else.*

### ***Reiki in Hospitals***

Reiki energy has aided in healing all forms of disorders and illness. Reiki complements and enhances all types of medical treatment. It is considered an integrative modality of healing and works in harmony with all other forms of healing. It is now used in hospitals, medical centres and hospice programs.

“There are over one hundred facilities in the U.S. that use Reiki and/or other complementary/alternative modalities (CAM) plus many hundreds more all over the globe. Additionally, research is being conducted in partnership with the National Institutes of Health at a growing number of facilities...

Listed below are just a few hospitals and clinics that offer Reiki treatments in the USA:

*Marin General Hospital ~ Marin County, CA*

*Johns Hopkins ~ MA*

*University of Maryland ~ MA*

*Columbia Presbyterian Medical Center ~ New York, NY*

*Memorial Sloan-Kettering Cancer Center ~ New York, NY*  
*St. Luke's-Roosevelt Hospital Center ~ New York, NY*  
*Beth Israel Medical Center – NY*  
*Foote Hospital ~ Jackson, MI*  
*Bayonne Hospital ~ Bayonne, NJ*  
*Manhattan Eye, Ear, Nose & Throat Hospital ~ New York, NY*  
*Mercy Hospital ~ Cincinnati, OH*  
*Windsor Hospital ~ VT*  
*Mercy Hospital ~ Portland, ME*  
*St. Luke's Women's Care ~ Cedar Rapids, Iowa*  
*Tucson Medical Center ~ Tucson, AZ*  
*California Pacific Medical Center ~ CA*  
*University of California Medical Center – Davis*  
*Willcox Hospital ~ Maui, HI*  
*Hartford Hospital ~ CT*  
*University of Michigan Hospital ~ Ann Arbor, MI*  
*Portsmouth Regional Hospital ~ Portsmouth, NH*  
*University of Washington ~ CFS/FM Research Center, Seattle, WA*  
*Cleveland Clinic ~ Cleveland, OH*  
*Temple University ~ Philadelphia, PA*  
*Albert Einstein Medical Center ~ Philadelphia, PA*  
*Dartmouth Hitchcock Medical Center ~ Lebanon, RI*  
*George Washington University Hospital ~ Washington, DC*  
*MD Anderson Medical Center ~ Houston, TX*  
*Stanford Medical Center ~ CA*  
*Scripps ~ San Diego, CA*  
*Hospice of the Valley ~ Phoenix, AZ*  
*Banner Health System Hospitals ~ Phoenix & Mesa, AZ*  
*University of Colorado Medical School ~ CO*  
*University of Pennsylvania Medical School ~ PA*  
*Yale School of Nursing*  
*Southwestern Vermont Medical Center ~ VT*