



January 2024  
ISSN:1538-1080

Volume 24 Number 1  
<https://doi.10.78717/ijhc.202411>

## Editorial Musings

### Dr. Kendra Gaines, Editor-in-Chief, IJHC

It isn't too often that we read an article, in this case, Dr. Christina Ross's article on energy medicine, and then have the astounding privilege of watching a theory under discussion turn into practice. But that is exactly what has happened to my Significant Other (SO). He has a lower back that looks rather like the LA Freeway system from the sky—it's all over the place! The erratic configuration is thanks to football early in his life, but the result of it, especially with advancing years, has been ongoing pain. We have, over time, seen a number of different doctors about this issue, with very little result. At my SO's age (87), surgeons are noticeably unenthusiastic about doing surgery. We can't blame them for that, but—what alternatives are there? Massage is helpful, yes, but only temporarily. And drugs are too often more destructive than constructive.

But as Ross observes, "Energy medicine, whether human-touch or device-based, is the use of subtle energy to therapeutically assess and treat energetic imbalances, thereby bringing the body's systems back to homeostasis (balance)." In my SO's case, we went with device-based, a machine called Stem-Wave that had recently been acquired by our chiropractor. When he mentioned to my SO that this machine might just be the ticket to deal with his lower back pain

and then offered a complimentary session—my often skeptical SO said yes. I do not pretend to understand the mechanism, other than to say that it presents rather like ultrasound, but—the results were nothing short of miraculous. With just one treatment, my SO felt noticeably less pain. With several, he has now been pain-free for over two months.

We don't know how long each treatment might last, so I am not going to suggest that this improvement is permanent. But I can say without hesitation that the “subtle energy” produced by this machine has made my SO's life immeasurably better. This is not something I'd be likely to say had he somehow opted for major back surgery. Anyone who doubts the efficacy of energy medicine for seemingly intractable pain management needs to revisit the issue, given all the technological advances of recent times. The human-touch approach is as valid as ever, but perhaps for something as major as my SO's lower back problems, a device-based approach might well be the answer for many sufferers.

I freely admit to having serious reservations about the galloping progress of technology, broadly speaking. But within the field of medicine, some of these new technologies are almost incredibly effective. Beyond any doubt, as I have now witnessed, we must push for, in Ross's words, “the ability of allopathic medicine to merge physics with biochemistry.” The successful outcome of such a merger could mean welcome pain relief for countless patients. My SO is a currently pain-free walking example.

Bio:

Dr. Kendra Gaines received her doctorate in English Literature from Northwestern University in Chicago, Illinois. She taught at Northwestern, as well as University of Michigan, before moving to Tucson. At the University of Arizona, she served for 16 years as Senior Tutor and Instructional Specialist in, first, the Department of English, and then at the UA's Writing Skills Improvement Program. Dr. Gaines has taught at Davis-Monthan Air Force Base for almost 30 years, teaching for Embry-Riddle Aeronautical University, Chapman University, Park University, and Pima College. Dr. Gaines teaches online as well. She is completing her seventeenth year teaching both English and Philosophy courses for Colorado Technical

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