



June 2024  
ISSN:1538-1080

Volume 24 Number 3  
<https://doi.10.78717/ijhc.202433>

## Case Study: Reintroducing Allergenic Foods to a Child with Multiple Food Allergies using Energy Medicine

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### Abstract

The purpose of this case study is to share an exploration of energy medicine, specifically Eden Energy Medicine, as an adjunct to traditional therapy for food allergies in a child. Materials used were a small sample of allergenic foods (samples of beef, pork, chicken, and egg), a set of 10 biomagnetic pairs, one ceramic strontium ferrite ring magnet (1.25in x .25in), one round faceted .75in crystal, and one stainless steel spoon. The method used was a retrospective analysis and summarization of clinical and post-clinical interventions and results, as well as a retrospective analysis of historical IgE data. The subject of this case study is a child with a history of anemia, celiac disease, and multiple food allergies. The intervention used was a series of 12 clinical Eden Energy Medicine Sessions over the course of 5 months, as well as ongoing homecare and ongoing weekly and biweekly in-home sessions facilitated by the parent. Outcome measures include decreases in allergic response to food and increases in the body's ability to accept foods. As a result of the intervention, previously allergenic foods were successfully reintroduced without a rise in IgE levels or physical symptoms. Simultaneously, the IgE levels for the targeted foods went down over time. These findings appear to support the effectiveness of energy medicine, when used as a complementary approach in the management of food allergies. The findings also support research showing that complementary medicine can assist in the adjunct treatment of allergies (Chan and Ng, 2020; Li, 2018), as well as the supposition of energy medicine being useful in improving the health of those with allergies (Eden and Feinstein, 2008).

### **Box 1. Definitions**

**Energy Medicine:** Energy medicine is an umbrella term encompassing a range of therapies like Tai Chi, and Reiki that are felt to utilize healing "energy."

**Eden Energy Medicine:** According to Feinstein (Feinstein, 2022), Eden Energy Medicine (EEM) "focuses on the energy fields of the body that organize and control the growth and repair of cells, tissue, and organs. Changing impaired energy patterns may be the most efficient, least invasive way to improve the vitality of organs, cells, and psyche."

**Immunoglobulin E (IgE):** A type of antibody that causes allergic reactions by attaching to cells and releasing chemicals when exposed to allergens.

Keywords: Allergy, Energy Medicine, Eden Energy Medicine, Immunoglobulin E, IgE

### **Introduction:**

Food allergies have increased among US children in recent years (Branum and Lukacs, 2009), yet the primary current approach to food allergies is avoidance (American College of Allergy, Asthma & Immunology). This can be quite limiting for people who have multiple food allergies. There are some new approaches, one of which is microdosing, to re-introduce foods into the diet for those who are allergic (Vickery et al., 2017). Microdosing has been used to reintroduce peanuts, for example. This approach has also been used to increase acceptance of medically necessary prescriptions (Kang et al., 2022).

Complementary health care includes another set of approaches that are being used by those experiencing allergies. These include herbal remedies, acupuncture (Chan and Ng, 2020) and Traditional Chinese Medicine (Li, 2018). Energy medicine, which uses a variety of acupressure points

and exercises, is also said to have the potential to increase the body's resilience to various stressors, including food, particularly through working with the Triple Warmer meridian (Eden and Feinstein, 2008). Brief definitions of energy medicine and Eden Energy Medicine are shown in Box 1. However, energy medicine has yet to be examined for its efficacy in working with children with food allergies.

The basic goal in treating food allergies is to reintroduce foods that were previously identified as allergenic through comprehensive allergy testing without triggering an allergic reaction or symptoms. Success in this context is quantified based on validated measures or criteria (i.e., the absence of allergic reactions, the ability to tolerate the food without symptoms, or a neutral or reduced level of IgE antibodies over time), showcasing the adaptability of the subject's immune response. The allergen-specific immunoglobulin E (IgE) test is a blood test measuring IgE antibodies.

IgE antibodies increase in a person's bloodstream when they are exposed to a food to which they are allergic (see Box 1). In turn, the IgE antibodies produce bodily symptoms, such as hives, itching, swelling, congestion etc.

### **Objectives/Purpose:**

The purpose of this case study is to share an exploration of energy medicine, specifically Eden Energy Medicine, as an adjunct to traditional therapy for food allergies in a child. Outcome measures include decreases in allergic response to food and increases in the body's ability to accept foods.

### **Materials:**

Materials used were a small sample of allergenic foods (samples of beef, pork, chicken, and egg, referred to as the "Allergy Pack"), a set of 10 biomagnetic pairs, one ceramic strontium ferrite ring magnet (1.25in x .25in), one round faceted .75in crystal, and one stainless steel spoon.

### **Method:**

A retrospective summary of clinical and post-clinical interventions and results, as well as a retrospective analysis of historical IgE data.

### **Participants:**

The subject of this case study is a child with a history of anemia, celiac disease, and multiple food allergies. He was diagnosed with Eosinophilic Gastroenteritis (EOG) at age 3, and diagnosed with Eosinophilic Esophagitis (EoE) at age 8.

His medical team's primary objective was to manage the subject's eosinophilic and lactoferrin levels, as well as alleviate pain, as part of a comprehensive care plan. Given the infrequent occurrence of EOG in a child of this age, there was a lack of established treatment protocols or known curative options. Recognizing the subject as a unique case, the medical team conducted a series of medication trials that resulted in limited improvements and, at times, exacerbated EoE/EOG symptoms.

From the time the subject was 2 years old, he experienced delayed food reactions, posing a risk of inflammation and immediate anaphylactic allergic reactions. The subject's medical treatment plan focused on alleviating his symptoms through elimination of allergens and various medications to suppress his allergic response. **Table 1** shows reaction details and allergy identification dates, as well as Baseline IgE levels for the foods that became the focus of this study (called the "Allergy Pack").

**Table 1: Allergy Pack: Subject’s Reactions to Foods and Dates of Allergy Identification**

Allergy Pack Allergens	Reactions	Date the Allergy was Identified	Baseline IgE
Egg	hives, vomiting, stomach ache	6/2014	1.54 (Egg white 9/1/19)*
Beef	GI pain	10/2020	1.65
Pork	GI pain	10/2020	1.10
Chicken	GI pain	10/2020	4.27

*\*Allergy was identified by symptoms in June 2014, but first IgE level for egg white was obtained in September 2019.*

Baseline IgE levels are also provided as a reference and for comparison. Baseline time frame includes any data that were collected prior to January of 2022 when the intervention for allergy balancing started. Baseline IgE for the Allergy Pack ranged from .34 to 4.27. As a point of comparison, IgE Levels for non-Allergy Pack food categories ranged from .17 to 1.87 for Milk, 0.00 to 0.15 for Fish, and 0.00 to 1.08 for Nuts. Looking at these data, we can see the highest IgE levels for a food group during the pre-intervention time frame were for the four foods in the Allergy Pack. Note that IgE levels may vary depending on many variables including exposure to the allergens, stressors in the subject’s life at the time of data collection, and the introduction of trial medications. As previously stated, IgE levels provided measures of effectiveness of the interventions. IgE levels were periodically measured for the subject,

so we are able to see, in hindsight, how IgE levels changed for the foods that were included in the study. This comparison of IgE levels by food groups that were addressed in the intervention as well as those that were not addressed in the intervention is important as it acts as a form of control for the study. See **Appendix 1** for details regarding each food in the groups.

A second measure is the introduction of foods the subject had not been able to tolerate previously. Due to the scarcity of EOG cases within the subject's age group and the absence of well-defined treatment strategies, the medical team was receptive to the parents' requests for introducing new foods, provided they were supported by allergy testing. His allergist was consulted and sanctioned the reintroduction of allergenic foods based on laboratory results.

In talking with the subject, his primary objective for food reintroduction was to achieve tolerance to ham, beef, and eggs, with the ultimate goal of being able to consume a ham sandwich and a hamburger. This became the target, along with chicken, for treatment.

### **Intervention: Energy Medicine as an Approach**

Energy Medicine was introduced as an intervention through the subjects' parents seeking Eden Energy Medicine as an intervention for their son. This was done independently, without such treatment being sought by the medical team. Consent was received by the parents reviewing and signing a ten-page Informed Consent document that described the intervention process. It also incorporated limitations on the scope of practice, as well as potential risks.

The in-office energy medicine interventions spanned 12 sessions over 5.5 months with a focus during sessions 4-12 on reducing allergic reactions to his targeted allergens. The typical session process was to 1) conduct an intake discussion, 2) assess and balance out-of-balance energies, and 3) provide home care instructions via video for ongoing energy maintenance. The primary energy medicine modality used was Eden Energy Medicine (95%). Other modalities used to address specific issues within sessions were Energy Psychology (2%), BioMagnetic pairs (2%), and Healing Consciousness protocol (1%) (protocol per Susan Stone, Lic Ac, EEM-AP). Definitions of these modalities are located in **Appendix**

### **2: In-Office Energy Medicine Interventions.**

To expand on the prior paragraph, each session consisted of several parts:

1. **Intake:** In each session, the practitioner received a progress update from the parent and the subject, and jointly established goals for the session.
2. **Session:** Each session included the following, all the detail for which is outlined in **Appendix 2: In-Office Energy Medicine Interventions.**
  - a. **Opening Techniques** that help the body to receive deeper corrections. Opening techniques included connecting the central and governing meridians and working the Neurolymphatic reflexes.
  - b. **Tracking and Balancing Out-of-Balance Energies.** Using energy testing, the practitioner identified out-of-balance energies and then balanced them.
  - c. **Closing techniques.** Closing techniques included sweeping the client from head to toe on the lateral edges of the body and then tracing figure 8s over the client from head to toe, gently squeezing the feet across the instep, pulling the feet to create traction, and then pushing the balls of the feet towards to head.

3. **Home Care:** At the end of each session, the practitioner used energy testing to identify which of the energies that were balanced during the session needed reinforcement between sessions. She demonstrated these techniques for the parent and child while the parent took a video for reference and later use.

Interventions were initially provided by a certified advanced practitioner of Eden Energy Medicine, with home care overseen by a parent who also then became a student of Eden Energy Medicine. Later in the study, the parent/student of EEM became the primary EEM provider. The sessions and home care were aimed at balancing the subject's energies. At the end of the in-office advanced EEM practitioner visits (after March 2022), the subject continued to practice the Daily Energy Routine ("DER", defined in Appendix 2 below) regularly, intermittently with and without the Allergy Pack, and had regular (weekly or biweekly) energy medicine (EM) sessions with his parent, starting in April of 2022 when the parent attended the Eden Energy Medicine Fundamentals Training Program. **Appendix 1** contains additional information on the dates and specifics regarding the interventions.

During the first three sessions, EM was focused on releasing grief and anxiety linked to his past medical trauma and autoimmune disease, as well as current stressors. Within the first few sessions, the subject reported experiencing situational emotional relief and learned emotional

regulation techniques, which he then utilized at home and at school during times of stress.

For sessions four through twelve, the focus shifted towards reducing reactivity to foods. The approach used was the Advanced Substance Testing protocol as taught in the Eden Energy Medicine certification program (source: Eden, Feinstein). The process included the subject's parents creating an "Allergy Pack" containing frozen chicken, pork, beef, and about a month later, egg. The subject held it next to his body while energy balancing techniques were used. In between sessions, the subject would do the DER and other assigned home care exercises while wearing the Allergy Pack.

At home, before new foods were reintroduced to the subject, each food was separately substance tested using energy testing. When the Allergy Pack was created in January 2022, the subject's energy test was weak when the Allergy Pack was held next to the body. A weak test is associated with an imbalance in a person's energies. Over time, after practicing the DER and weekly balancing around the pack, the subject's energy test became consistently strong while holding the Allergy Pack next to the body. A strong test is associated with energies that are harmonized and flowing effectively. Later, as the energy tests became consistently strong, weekly balancing of energies was terminated. The energy tests remained strong, even when not doing weekly balancing.

Once the tests were consistently strong, new foods were introduced to his

diet. The subject maintained the practice of strengthening his own aura by tracing figure 8s in his biofield as this reduced his overall sensitivity and reactivity. During flares of stomach pain, he was able to manage the pain through spinning a magnet or crystal over that area. Of note, the subject's parents consistently followed through with daily home care with the subject. They did home care as assigned and integrated it into their daily routine, for approximately 10-15 minutes a day, depending on the homecare assigned. We view this level of parental engagement and client adherence to the home care routine as absolutely essential to the outcomes that were achieved.

At the end of the in-office practitioner visits (after March 2022), the subject continued to practice the DER regularly, with and without the Allergy Pack, and had regular (weekly or biweekly) energy medicine (EM) sessions with his parent, starting in April of 2022 when the parent attended the Eden Energy Medicine Fundamentals Training Program. Common EM strategies employed during home sessions included, balancing meridians, chakra clearing, aura clearing, connecting the Central and Governing Meridians together, and balancing Radiant Circuits. Information about these techniques can be found in Donna Eden's book, Energy

Medicine, Balancing Your Body's Energies for Optimal Health, Joy and Vitality" (Eden and Feinstein, 2008), the Eden Energy Medicine Fundamentals Program, and the Eden Energy Medicine Level 2: Certification Training.

### **Results:** **Reintroduction of Allergic Foods**

IgE levels for the Allergy Pack, for Milk and for Nuts were collected in March 2022. IgE levels were additionally collected at other times after March 2022 for various allergens, although each IgE level for each food was not consistently taken at every date. See **Appendix 1** for details.

Starting in March 2022, the IgE levels were low enough for the Allergy Pack foods, so the subject received approval from his allergist to slowly reintroduce those foods (see **Table 4: Subject's Allergen Acceptance Chart**). Beginning in April 2022, the subject reintroduced beef into his diet. In August 2022, he reintroduced pork to his diet, and in September 2022 baked eggs were introduced into his diet. Chicken was also introduced in September 2022; however, the subject had abdominal pain, so chicken was withdrawn from his diet for a period of time. Chicken was successfully reintroduced in September 2023.

**Table 4: Subject’s Allergen Acceptance Chart**

Allergen	Initial Reactions	Date the Allergy was Identified	Date the Allergen was Reintroduced Successfully (# of months after starting food resilience repatterning in January 2022)
Egg	hives, vomiting, stomachache	6/2014	REGAINED September 2022 (9 months)
Beef	GI pain	10/2020	REGAINED April 2022 (4 months)
Pork	GI pain	10/2020	REGAINED August 2022 (8 months)
Chicken	GI pain	10/2020	Regained on 9/22 and then Failed (had GI pain) on 12/22, REGAINED September 2023 (21 months)

Pre- and Post-Intervention data can be compared for all food groups. Significantly, the subject demonstrated a notable reduction in IgE levels for the Allergy Pack over the course of the study while the other groupings had an increase in levels over time or stayed relatively stable. Specific EEM interventions targeted items in the Allergy Pack only.

- **Allergy Pack:** Pre-intervention measurements, the IgE levels for the Allergy Pack items ranged from 0.34 to 4.27, reducing to 0.00 to 0.83 in March of 2021 and to 0.00 when measured in December of 2023. **This indicates minimal reactivity.**
- **Milk:** pre-January 2022 data ranged from 0.17 to 3.52 for Milk, but the range **expanded to** 0.14 to 6.36 in March 2023 and **further expanded**

to .35 to 8.10 in December of 2023. **This indicates reactivity.**

- **Fish (non-allergic):** pre-January 2022 IgE levels ranged from 0.00 to .15 for Fish, but the range, while still very low, **increased to** 0.15 to 0.20 in December of 2023. Data were not measured at March 2022.
- **Nuts:** pre-January 2022 IgE levels ranged from 0.00 to 1.08 for Nuts, increased to 0.13 to 33 in March of 2022 and then reduced to 0.2 to 9.08. **This indicates reactivity.**

### Discussion

Case studies are undertaken to examine complex situations and evaluate how an individual responds to interventions. The results of this case study appear to



support the use of energy medicine as an adjunct therapy when addressing the needs of a child with multiple food allergies. Improvements were seen in reintroducing foods which previously the child could not tolerate, reducing IgE levels for foods specifically targeted with EEM allergy techniques, and in self-reports by the subject and his parents.

The foods were reintroduced without triggering an allergic response. The subject's immunoglobulin E (IgE) levels for those foods targeted by EEM allergy techniques decreased to zero over a period time, while the IgE levels of other allergenic foods, that were not specifically targeted with EEM techniques, did not decrease and several increased over time.

It's important to note that case study results are not generalizable due to one subject not representing all similar situations or groups. Results can be influenced via the therapeutic relationship or the advocacy of the parent or practitioner for the therapy introduced.

### **Conclusions and Next Steps:**

In conclusion, the subject was able to re-introduce multiple previously allergenic foods that were the focus of the energy medicine interventions, without triggering an allergic response or requiring the addition of medication to suppress an allergic reaction. These findings appear to support the effectiveness of energy medicine, when used as a complementary approach in the

management of food allergies. The findings also support research showing that complementary medicine can assist in the adjunct treatment of allergies (Chan and Ng, 2020; Li, 2018), as well as the supposition of energy medicine being useful in improving the health of those with allergies (Eden and Feinstein, 2008). The positive results were likely influenced by the parent's ability to support the client with home care and the client's willingness to do the homework exercises.

Further research into the integration of energy medicine as a supplementary strategy in allergy management appears warranted. As a next step, it would be useful to do further studies with appropriate control and comparison conditions with larger and more representative samples.

By shedding light on this unique case, this case study contributes to a more complete understanding of using energy medicine as a complementary intervention for allergy treatment. The approaches employed in this case, marked by successful reintroduction of specific allergenic foods and reduced IgE levels for those specific foods, highlights the importance of additional research on complementary approaches, and specifically on energy medicine.

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## APPENDIX A: Subject's Reference IgE Levels over time

Table and Chart Notes:

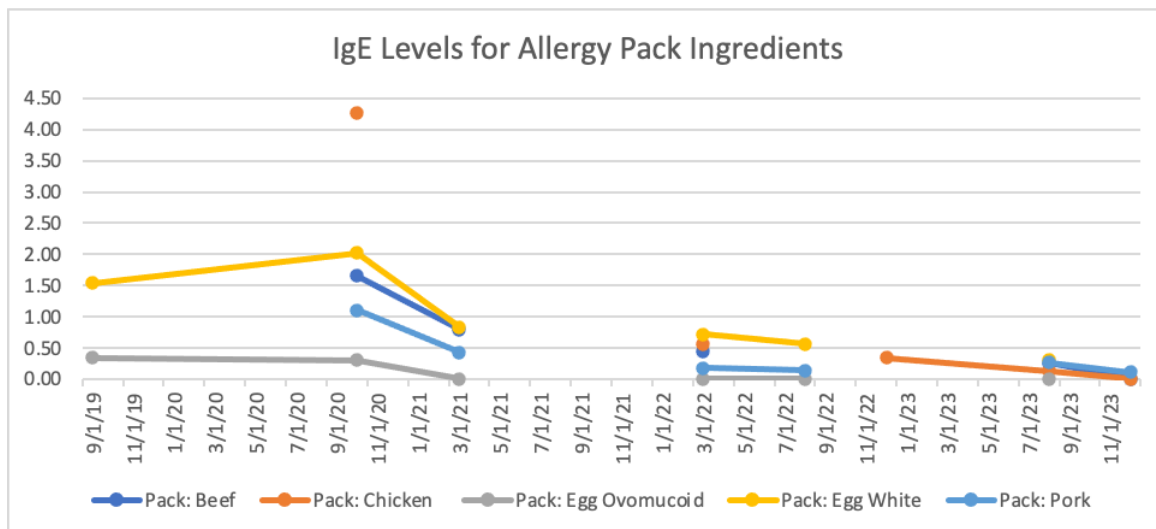
- When considering IgE levels, common practice is to consider any level over .34 as allergic.
- Note that the Energy Medicine Interventions with Advanced Practitioner were from 10/20/21-3/30/22.
- General balancing occurred first, with specific energy balancing around the Allergy Pack starting in January of 2022.
- Energy Medicine Interventions with Parent/Student Practitioner picked up where the Advanced Practitioner left off and were from 3/30/22-9/30/23.

**Table A.1. IgE Levels for the Allergy Pack Ingredients\***

Allergen	9/1/19	10/30/20	3/25/21	8/23/21	3/13/22	8/22/22	12/30/22	8/16/23	12/9/23
Pack: Beef		1.65	0.79		0.45			0.25	0.00
Pack: Chicken		4.27			0.55		0.34	0.13	0.00
Pack: Egg Ovomucoid	0.34	0.30	0.00		0.00	0.00		0.00	
Pack: Egg White	1.54	2.02	0.83		0.72	0.56		0.31	
Pack: Pork		1.10	0.43		0.18	0.14		0.26	0.11

\* IgE levels over .34 are shown in red

**Table A.2. IgE Levels for Milk which did not receive the intervention and generally increased over time\***



I

Allergen	9/1/19	10/30/20	3/25/21	8/23/21	3/13/22	8/22/22	12/30/22	8/16/23	12/9/23
Milk	0.17	1.46	2.41		5.57			7.65	6.01
Milk: a-lactalbumin		1.87	3.52		6.36			9.03	8.10
Milk: b-lactoalbumin		0.00	0.00		0.14			2.25	2.16
Milk: Casein		0.28	0.23		0.24			0.53	0.35

\* IgE levels over .34 are shown in red

Chart A.2. IgE Levels for Milk

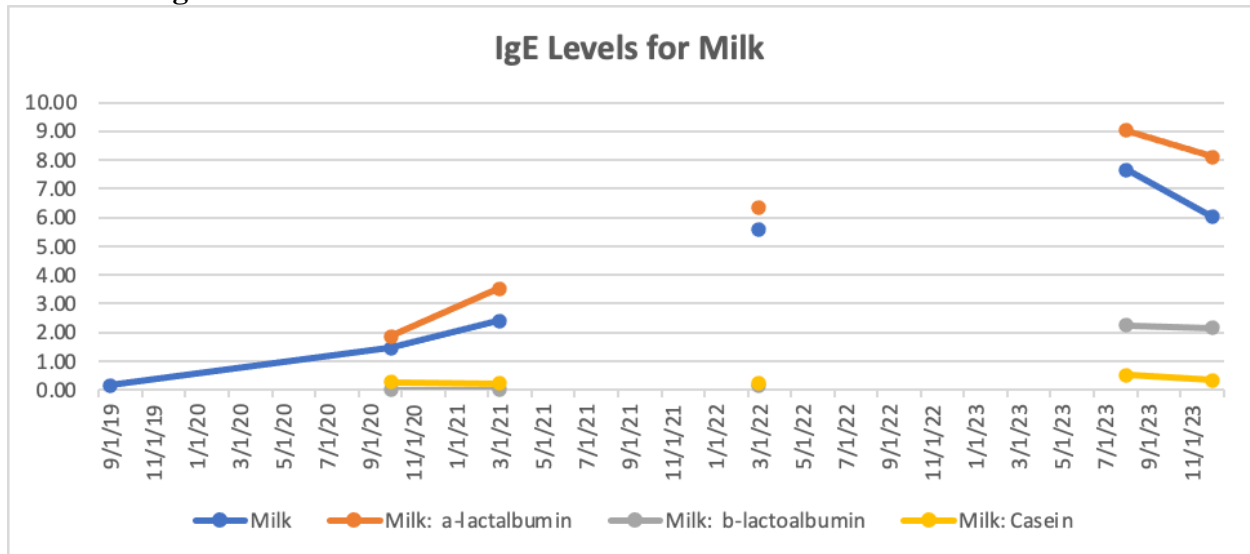
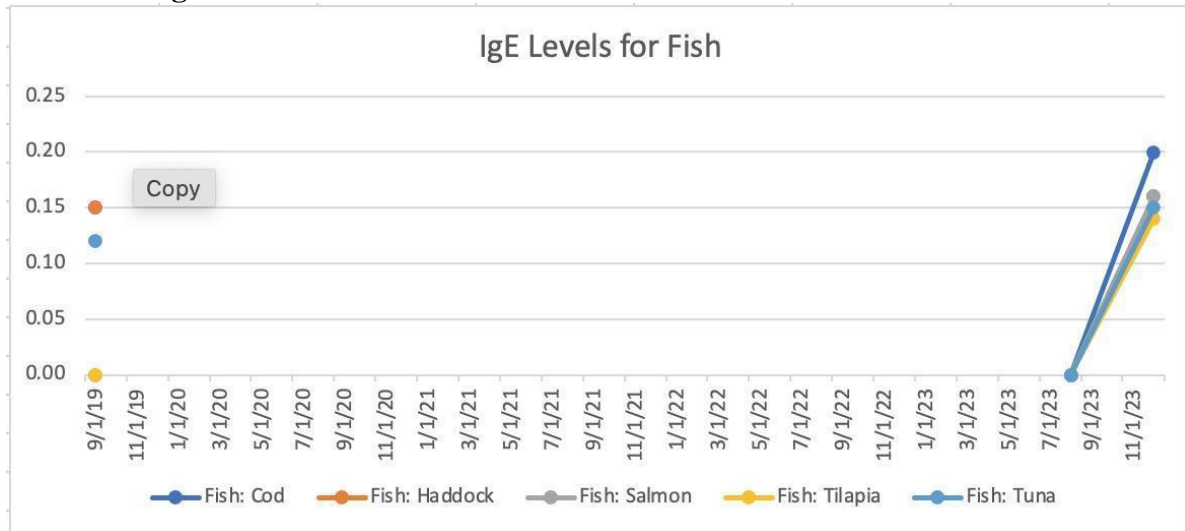


Table A.3. IgE Levels for Fish which did not receive the intervention and remained low over time

	9/1/19	10/30/20	3/25/21	8/23/21	3/13/22	8/22/22	12/30/22	8/16/23	12/9/23
Fish: Cod	0.15							0.00	0.20
Fish: Haddock	0.15							0.00	0.16
Fish: Salmon	0.00							0.00	0.16
Fish: Tilapia	0.00							0.00	0.14
Fish: Tuna	0.12							0.00	0.15

**Chart A.3. IgE Levels for Fish**



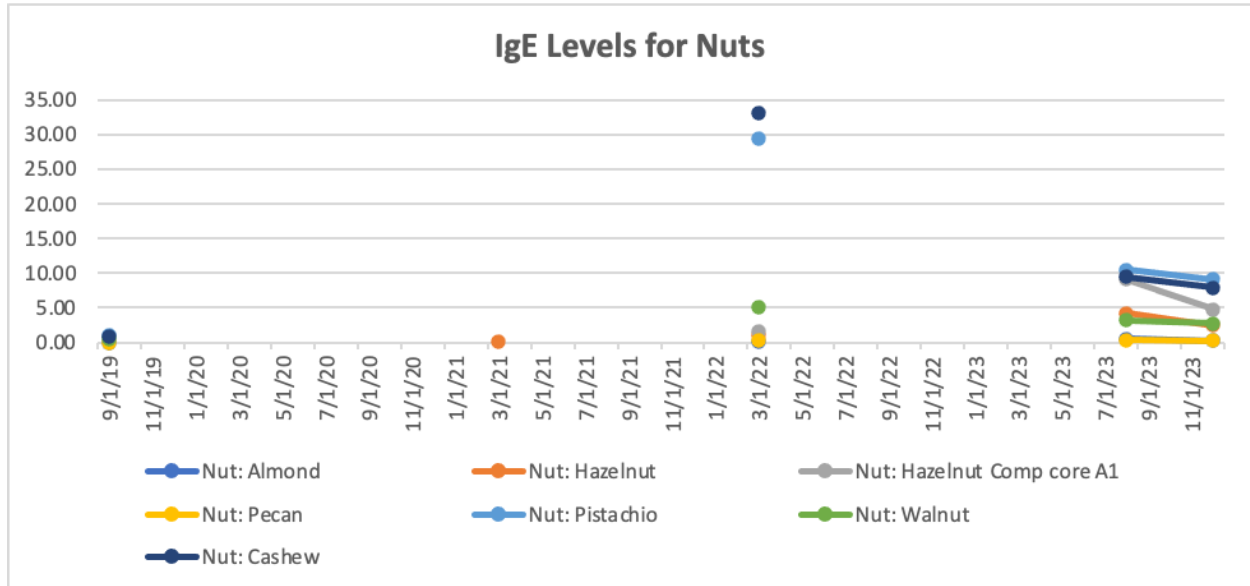
**Table A.4. IgE Levels for Nuts did not receive the intervention and changed over time\***

I

Allergen	9/1/19	10/30/20	3/25/21	8/23/21	3/13/22	8/22/22	12/30/22	8/16/23	12/9/23
Nut: Almond	0.00				0.13			0.48	0.20
Nut: Hazelnut			0.10		0.94			4.15	2.45
Nut: Hazelnut Comp core A1					1.61			9.04	4.79
Nut: Pecan	0.00				0.27			0.30	0.21
Nut: Pistachio	1.08				29.31			10.50	9.08
Nut: Walnut	0.51				5.05			3.18	2.68
Nut: Cashew	0.88				33.00			9.49	7.89

\* IgE levels over .34 are shown in red

**Chart A.4. IgE Levels for Nuts**



**APPENDIX B: In-Office Energy Medicine Interventions**

During the subject's in-office sessions, these EEM techniques were used. Definitions for exercises referenced in the Session Work and Home Care columns are provided in the Definitions section of this paper.

Session # and Date	Intake	Session Work	Daily Home Care
Session 1 10/20/21	Subject has EOG, chronic inflammation, many food allergies, negative emotions (from past medical trauma and anxiety). Session Focus: help subject manage his anxiety and emotions.	Held Kidney-27 (K-27). Did Crossover (X) exercises, Hook-up, Belt flow, Triple Warmer (TW) reactivity pose. Sedated TW Meridian, spun crystal along spine to release posterior Neurolymphatic Reflexes (NLs) which were very tender, held Neurovascular (NV) holding points on top of head for grief, and on forehead for distress.	Held K-27. Do X exercises, Hook-up, Belt flow, TW reactivity pose. Sedate TW, hold NV points (top of head for grief, back of head for panic, forehead for distress).
Session 2 11/1/21	Subject reports doing home care exercises 3x/day and	Held K-27. Did hook-up, traced central meridian, opened ileocecal and houston	Held K-27. Perform hook-up, zip-up, Ileocecal and Houston valve reset

	<p>experiencing less anxiety. He had 2 stomach aches, then did the exercises, and stomach aches went away. Subject has not had to hold his forehead to clear distress since the first few days after the 10/20 session.</p> <p>Session Focus: Support thymus</p>	<p>valves. Sedated Kidney Meridian, placed top then bottom of hand on sternum and traced 8s on sternum.</p> <p>Applied biomagnetic pairs: appendix/thymus, descending colon pair, axilla pair, peripancreatic vertical pair, sphincter of urethra pair, renal capsule/kidney, leg adductor pair, appendix/thymus, bladder/vagina.</p>	<p>exercises. Sedate Kidney meridian.</p>
<p>Session 3 11/11/21</p>	<p>Subject reported having stomach pains 3x and the EEM home care exercises helped them go away. He hasn't needed to hold grief points since the last session. States fear associated with getting off the bus.</p> <p>Session Focus: reduce fear about getting off the bus and reduce the inflammatory state of the gut.</p>	<p>Held acupoints for Stomach-2 (ST-2) , Kidney-27 (KD-27), navel &amp; K-27. Held Hook-up points, Spleen NL, and TW Reactivity pose. Sedated KD meridian. Performed Belt flow technique. Activated these radiant circuits: Penetrating Flow, Yin and Yang Regulator Flow.</p> <p>Used Energy Psychology (tapping) process to tap with Subject about fear when getting off of school bus.</p> <p>Placed biomagnetic pairs: Scapula<sup>2</sup>, C7/Sacrum, Thymus/Rectum, Esophageal Hiatus/Testical, Pancreas Head/Pylorus, Pancreas Body/Stomach, Ileum<sup>2</sup></p>	<p>Rub a stainless-steel spoon on top of toes. Hold K-27, navel, and K-27 simultaneously, and navel and 3rd eye simultaneously. Hold TW reactivity pose, trace belt flow, hold KD NL, draw a heart on face.</p>
<p>Session 4 12/1/21</p>	<p>Parent reported they are allowing subject to leave the school classroom to do energy exercises</p>	<p>Traced 8s in aura. Performed Belt flow, activated yin and yang regulator radiant circuits, sedated Stomach meridian.</p> <p>Pressed and held TW/Adrenal</p>	<p>Trace 8s in field around head and ears, Hold top and bottom of hand and trace 8s on sternum, rub arms up and down (10x)</p>

	<p>when he feels stressed. Fear of getting off the bus is better, but the noise and action of the bus is very loud (people are loud, bus ride is long ~30-40 minutes), both of which are reported as stressful. Subject reports feeling tired during his days. Session Focus: reduce adverse reaction to the noisy bus, reduce floppy/tired feelings in general.</p>	<p>and Kidney NLS, cleared vortex on ears with crystal, placed top and bottom of hand then traced 8s on subject's sternum, subject held TW reactivity pose. Practitioner suggested a headset to cancel out some of the noise while riding the bus.</p>	<p>(to reduce TW reactivity). Do finger tapping on "Even though I feel stressed, I just need to do the best I can."</p>
<p>Session 5 12/8/21</p>	<p>Subject weighed 47 lbs. and gained ~ 2lbs in the past 2 months. Parents report this is a significant gain for him. He's been 'floppy' this week and anxious on the bus. Session Focus: to shift consciousness into higher state of vibration.</p>	<p>Rubbed Spleen NLS, place top and bottom of hand on teres minor muscle, traced 8s on sternum. Did Healing Consciousness protocol: held around the back of both ears with fingertips until pulses rose, traced up midline of forehead to put triple warmer meridian (TW) into context using "pause lock" (Krebs and McGowan, 2014.). Using TW left ear as primary seed point, flushed liver meridian, took TW out of pause lock. Put TW in pause lock, use left ear as primary seed point, pull gently out on ears, take TW out of pause lock. Place top and bottom of hand on sternum</p>	<p>Trace 8s above the body, rub arms up and down (to reduce TW reactivity). Cup left ear, swipe up on forehead, flush liver meridian, then swipe down on forehead. Cup left ear, swipe up on forehead, pull gently out on ears, swipe down on forehead. Hold top and bottom of hand on sternum and trace 8s on sternum.</p>



		and trace 8s on sternum.	
Session 6 12/22/21	<p>Parent reported that recent labs were significantly better (iron, absorption of iron, and inflammation marker went from 850 to 350. However, the eosinophil count had been at 14% and increased to 20%. Subject reports worry about his cat. Session Focus: reduce subject's worry about his cat and identify and balance energetic imbalances with foods.</p>	<p>Tested foods using Spleen meridian test as a general indicator for the energy testing. Foods tested were pea protein (not ok), strawberries (not ok), oats (ok), and apples (not ok). The result for apples were very upsetting for the subject. We talked about it being data and providing information to make choices. Also tested were broccoli (not ok), corn (ok), rice (ok), tomatoes (not ok), onion (not ok), garlic (not ok). None of the foods tested in this session were treated energetically but were noted for future sessions. Held Stomach meridian point 45 (ST-45), tapped on sternum (over thymus), performed exercises for energy crossing the midline of the body, opened root chakra using counterclockwise circles, tested and repaired 3rd layer of aura using counterclockwise circles and figure 8s, held top and bottom of hand on belly, held main NVs while subject thought of his cat (clearing worry about the cat).</p>	<p>Hold main NV points, gently massage NLs along spine. Do the DER while holding pea protein.</p>
Session 7 1/3/22	<p>Subject lost a pound. Parent has been muscle testing</p>	<p>Held K-27s, strengthened Large Intestine (LI) meridian. Subject energy tested weak to</p>	<p>While holding Allergy Pack (beef, pork, chicken) hold both ears, do 3rd eye</p>

	<p>with pea protein and onion and Subject is getting stronger. However, subject states he is feeling tired.</p> <p>Session Focus: increase tolerance to foods.</p>	<p>the Allergy Pack. Performed healing consciousness protocol (see Session 5 notes above for general process: with two seed points: with both ears, balanced toes, and navel/3rd eye hook-up, while holding Allergy Pack (of beef, pork and chicken). Subject then tested strong with the Allergy Pack.</p>	<p>slide, do Brazilian toe protocol, do a hook-up, trace LI meridian 3x, 3rd eye slide down.</p>
<p>Session 8 1/17/22</p>	<p>Parent reported that the subject's school friend died. Pet fish also died. Subject is feeling a lot of grief. Homecare from the last session has been going well. Subject started eating pea protein. Subject has had a lot of energy (not floppy).</p> <p>Session Focus: techniques for grief relief and continue energy balancing around protein.</p>	<p>First tested and balanced all energies w/out Allergy Pack: basic energies were fine. Balanced yang regulator, GB, KD, LU and Tibetan energy rings. Held top of head to clear grief, KD NV to clear fear and ST NV to clear worry. Had subject hold TW reactivity pose.</p> <p>Tested and balanced energies with the Allergy Pack (beef, chicken, pork): basic energies were fine. Traced belt flow, strengthened Spleen as a radiant circuit, traced heart meridian forward.</p>	<p>Rub arms up and down, hold top of head (Governing 20), do Tibetan energy rings, spin crystal up spleen meridian line, trace belt flow, trace heart meridian forward. As requested, also offered the following exercises as ways of clearing distress, as needed, in the future: duck and cover (this is child's pose while also holding hands on the back of the head), holding main NV, tapping the gamut point, rocking, and thumb/point tapping.</p>
<p>Session 9 1/31/22</p>	<p>Parent reported that Subject had a good couple of weeks. He is energy testing strong on the Allergy Pack. Watching a movie made Subject sad.</p> <p>Session Focus:</p>	<p>First balanced all energies w/out Allergy Pack, including holding K-27 points, shock points, and CX NVs. Tapped BL-2 acupoint, held power point, tapped along Spine (NL reflexes). Traced 8s and held top and bottom of hand on Small Intestine organ. Cleared</p>	<p>Hold CX NV reflex, tap beside spine, hold top then bottom of hand and trace 8s on lower belly.</p>

	continue energy balancing around protein.	3rd chakra. Traced Tibetan energy rings on back of body.  Then balanced energies with the Allergy Pack by spinning magnet over the small Intestine alarm point.	
Session 10 2/16/22	Subject seems to be doing better. Session Focus: continue energy balancing around protein.	First balanced energies without the Allergy Pack on the body: Held top and bottom of hand on ST-45, held K-27, traced 8s on forehead, held navel and K-27 points, held yang regulator points, held shock points, performed three-point strengthening for liver meridian.  Balanced energies with the Allergy Pack: traced 8s on forehead, flushed liver meridian by tracing it backwards 1x and forwards 3x, while subject held Allergy Pack.	With/Allergy Pack: tap on ST-2, KD-27, SP-21 and on sternum. Do the cross shoulder pull exercise, hold navel and K-27 points simultaneously, flush liver meridian by tracing it backwards 1x and forwards 3x.
Session 11 3/2/22	Subject reported he feels strong and powerful and that he feels like he is the "Hercules type." Parent reported that subject had a good two weeks. Session Focus: continue balancing energies around protein.	First balanced the subject's energies without the Allergy Pack in his field: K-27, tested and corrected vivaxin (i.e. ensuring muscle strength in each of 18 cardinal directions). Traced the belt flow, strengthened CX meridian using acupoints.  Then balanced w/Allergy Pack: did cross shoulder pull and the hook-up of central and	Take a baking soda tub bath once daily for 7 days. Place right hand on right leg, then left hand on left leg and hold until the body gets a nice deep breath or 2 minutes. Then connect the navel and 3rd eye, trace Spleen meridian in the field with a crystal to activate it as a radiant circuit and tap Spleen NL reflexes. Trace CX

		governing meridians. Strengthened spleen as a radiant circuit, pressed the heart and spleen Neurolymphatic reflex points	meridian forward.
Session 12 3/30/22	Parent reported that subject started on 3 new medications (meds) (Cromolyn, Omeprazole and Flovent). He has been tired. During the session, the practitioner noted that Subject was very fatigued, moaned multiple times, and appeared stressed. Session Focus: continue energy balancing around protein.	Held K-27 points, traced belt flow and yang bridge radiant circuit, sedated Stomach meridian, Balanced SI organ. Balanced TW alarm point. When balancing the TW alarm point, Subject reported getting a headache and the right side of his head hurting. Per parent, headaches are a common side effect of omeprazole. We stopped the session at this point, earlier than usual, because subject was not feeling up to it.	Hold K-27 acupoints, trace belt flow, do DER with Allergy Pack.

### APPENDIX C. Energy Medicine Definitions

- **Energy Psychology** - A process of clearing emotional and physical distress associated with thoughts by speaking of and/or feeling the distressing thought while tapping on acupoints points on the body. Points include ulnar side of the hand, top of the head, inner eyebrow, just lateral to outer eye, under the eye on the orbital bone, under the nose, under the lower lip, on the Kidney-27 acupoint, on the Sternum, and on Spleen-21 acupoint.
- **Thumb/Pointer Tapping** - a simplified approach to energy psychology wherein the client taps their pointer finger against their thumb while they think about or speak aloud about distressing thoughts.

- **K-27 acupoint** - the last point on the Kidney meridian
- **X** - crossover patterning, getting energy moving across the midline of the body or across an area of the body.
- **Hook-up** - simultaneously holding the navel and between the eyebrows until the practitioner feels pulses beneath the fingers holding these points. This connects the Central Meridian (aka Conception Vessel) and Governing Meridian.
- **Belt Flow** - sweeping around the waist several times from the back, under the left arm and across the middle torso to the right side of the body and then tracing down the outside of the right leg. Repeating this on the opposite side of the body.
- **TW Reactivity** - If self-administered: while the thumbs are touching the radial side of the index fingernail, placing the thumbs on the temples and the remaining fingers on the frontal eminences on the forehead. If administered by the practitioner: while the thumbs are touching the radial side of the pointer fingernail, place remaining fingers on the temples and the thumbs on the frontal eminences on the forehead.
- **Neurolymphatic Reflexes** - as shown in Figure 9 (Eden and Feinstein, 2008, pp. 96-97).
- **Triple Warmer** - a meridian that governs survival, habits, and immune response. Also a radiant circuit.
- **Sedate meridians (Triple Warmer, Kidney, Stomach)** - holding a sequence of points to move excess energy out of the Meridian (Eden and Feinstein, 2008, pp. 134-137, Figure 26).
- **N/S** - first place the back (dorsal aspect) of the hand over a part of the body shown to have an imbalance in polarity, then flip the hand over so the palm is over that same area. This process is done for approximately 1-2 minutes, with a goal of organizing the polarity of that area of the body.
- **Biomagnetic Pairs** - As defined in Bioenergetic Basics by Janice Bailey, biomagnetic pairs therapy involves placing pairs of magnets on various parts of the body that energy test strong for the North side against the body for the first named part of the pair and energy test weak for the South side against the body for the second name part of the pair (Bailey, 2010). Pairs are held on the body for a minimum of 17 minutes.
- **NV holding points** - Neurovascular reflex holding points are located mostly on the head and each point refers to a particular meridian. When held, blood flow to the meridians related organs is increased and emotional reactivity is reduced, as

shown in Figure 36 on page 234 of Energy Medicine by Donna Eden (Eden and Feinstein, 2008).

- **Radiant Circuits** include a number of flow patterns, such as the Penetrating Flow, and the Yin and Yang Regulator Flow. These are discussed in general in Donna Eden's book Energy Medicine (Eden and Feinstein, 2008). They are discussed in detail in the Eden Energy Medicine Certification Program, Year 1 Fundamentals, Class 4.
- **Daily Energy Routine** (Eden and Feinstein, 2008) - This routine is a group of 9 exercises created by Donna Eden including 1-4) tapping on Stomach-2 acupoint, Kidney-27 acupoint, Spleen-21 acupoint, and on the sternum 2" down from the collarbone; 5) performing the Wayne

Cook exercise; 6) doing the Crown Pull exercise by pressing firmly on the midline of the head and pulling out 1" laterally from the midline, working from the front hairline to the rear hairline 7) doing the Cross Shoulder Pull exercise by placing the right hand on the left shoulder, squeezing the shoulder and drawing the hand across the front of the body to the opposite hip, then repeating on the other side of the body; 8) tracing the Central meridian (aka the Conception vessel in Traditional Chinese Medicine) with one's hand; and 9) simultaneously holding the middle finger from one hand in the navel and the middle finger from the other hand on the third eye.

- **Healing Consciousness Protocol**  
The healing consciousness protocol is focused on shifting a client's consciousness around past trauma and future healing potential (Stone, Susan, Lic.Ac., 2021)

Bio:

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31907 South Davis Ranch Rd.  
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