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Editorial Musings

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

As regular readers of this journal may remember, in our last (October '24) edition I mused at some length about those who seek medical advice, but who steadfastly resist any advice that does not fall within the parameters of allopathic medicine. I was reasonably convinced that my friend, she who was afflicted by a sudden illness, would refuse to seek any alternative treatment, and I was perhaps even more convinced that her Western-medicine-only husband would absolutely refuse. There is now more to this story, and I am delighted to share it.

Not very long ago, my friend called me and said, "I can't tell this story to anyone else I know because I don't think they'll understand. But I know *you* will." With that opener, she told me of a mutual friend who had sought alternative medical help at the office of an alternative practitioner long known in our area. I personally have never visited this practitioner, so I cannot attest to this person's procedures. But our mutual friend, who has long struggled with a variety of medical issues, mostly without resolution, sought out this practitioner several months ago. The results were so positive and, to her, so startling, that she persuaded my friend to try his methods.

My friend decided to make an appointment and, with some reluctance, put herself in this practitioner's hands. From her story, I gather that he used some Healing Touch, combined with a number of naturopathic and chiropractic methods that left her feeling markedly better, even after just the first treatment. After four treatments, she felt almost like her former self again, and was so excited by these results that she had to share them with me.

This wonderfully positive story is no surprise to those of us who have enjoyed many years of effective, non-invasive, and drug-free alternative treatments that have—at least in my case—allowed us to reach a significant age without the use of any pharmaceuticals whatsoever—and therefore without their dreaded and often dangerous side effects. My friend may well be a new adherent to alternative practices, which often combine nicely with allopathic medicine. Indeed, the many clinics now around the country that are named “integrative” is testimony to the effectiveness of their combination. I cannot speak to her husband's attitude, whether or not he has opened his mind to alternative practices. But surely he must be favorably impressed by the new happiness so clearly visible in his now-recovering wife.

This update soundly confirms what I mentioned in my October column—that keeping an open mind about alternative treatments is essential to one's ongoing health. In my view, too many people remain convinced that there is only one way to treat a medical condition, and that way usually involves pharmaceuticals. As my own experience, my friend's experience, and the experiences of countless other people will testify, that view simply is not true. We must continue to educate the public such that more people begin to see that alternative ways of treatment are well worth exploring. Eventually, as I believe, they will begin to open their minds to the efficacy of such treatments, just as my “I'm feeling so much better!” friend managed to do.

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 University. She has also been teaching online for Park University, work which has included several blended (both online and in person) courses and is a full Professor of English at Akamai University.

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