

# Reiki - The Art of Healing Mind, Body, and Spirit



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In December 2008, the National Center for Complementary and Alternative Medicine (NCCAM) and the National Center for Health Statistics reported that 38 percent of American adults utilized alternative medicine for the treatment/co-management of various conditions and diseases in 2007. This was a significant increase from the 2002 statistical report. We can safely predict that the number of those utilizing therapies like chiropractic, acupuncture, massage, meditation, nutritional supplements and other alternative methods will continually increase. This developing trend is creating a demand for another form of complementary healing, Reiki (pronounced ray-key).

The word Reiki is a combination of two Japanese words – Rei (universal) and Ki (life energy). Life energy plays an important role in our vulnerability to illness. Ki, similar to Chi in acupuncture, is also our primary energy for emotions and thoughts. Ki flows through paths called meridians and chakras. It also flows around the energy field called the aura. Reiki is utilized to accelerate healing, cleanse body toxins and balance the flow of energy by releasing blockages.

Practiced for thousands of years throughout Japan, China, and Tibet, Reiki was "rediscovered" in the late 19th century by Dr. Mikao Usui, who used the therapy to heal the sick. In the 1930s, a Japanese-American woman, Hawayo Takata, brought Reiki to the United States after she learned the practice from a Reiki master in Japan. Today, Reiki is used as a method of healing illness and reducing stress through light touch or, more commonly, by placing the hands near

or above the patient's body in specific positions or patterns. Through these positions, a Reiki practitioner can reduce energetic imbalances in the body, improving health and restoring a person's energy levels.

A treatment feels like a gentle warmth which flows through, surrounds and comforts you. Reiki treats the person's body, emotions, mind and spirit as a whole. Reiki is natural and a safe method of spiritual healing and self-improvement that anyone can use. Reiki supports any medical or supplemental healing a client may be using and is of growing interest to chiropractors, medical doctors, physiotherapists, psychotherapists, psychologists and hypnotherapists. It's recommended to continue present psychological or medical treatments and receive the benefits of improved results. Side effects from invasive procedures can be reduced. It has been noted that patients receiving Reiki leave the hospital earlier than those who don't.

California Pacific Medical Center, one of the largest hospitals in Northern California, provides care for both chronic and acute cases utilizing Reiki, acupuncture, homeopathy, nutritional therapy and aromatherapy. There are presently more than 100 hospitals that offer Reiki therapy. Reiki is appealing because there's no technology required, and it's a great method to improve hospital care as well as cut hospital costs. Positive effects that have been reported include improved sleep, appetite and increased relaxation.

Preliminary research on Reiki is ongoing and early studies have shown some promising results in the treatment of cancer pain and fatigue, post-operative pain, anxiety and some symptoms of Alzheimer's disease. The question remains, however, whether the benefits of Reiki are related to touch in general or specifically to the Reiki treatment itself. Regardless of the exact mechanism of Reiki, chronic pain treatment must be comprehensive and focus on the body, mind and soul for optimal results.

All healers use life energy but not all use Reiki. Reiki practitioners are trained and certified by Reiki Masters. I'm a practicing Chiropractor, Acupuncturist and Usui Reiki Practitioner. My specialties are amazing on their own but I have found the combination of these different tech-

niques to be highly effective in relieving pain and stress. Reiki has also been helpful in treating my patients for relief from common colds, flu, headaches, insomnia and anxiety.

Reiki isn't a cure for any condition; however, its healing benefits improve overall health and general well being. This technique ultimately relieves patient fatigue and pain-related symptoms. For instance, Fibromyalgia affects millions of people in the United States; predomi-

nately women, regardless of age or social status and no firm conclusions have been established on the cause of the disorder. Thousands of fibromyalgia sufferers have benefited from Reiki and, although it's not a proven cure-all for fibromyalgia, it can provide fibromyalgia patients with the hope that there are alternative and holistic solutions to treating this disease. Reiki and/or conventional treatment, the final decision rests with the patient, whichever they find suitable and comfortable for them.



*Call our office for a complimentary consultation to establish what your options are to attain health, harmony, and happiness.*

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