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# *Medical Intuition*

## The Science of Intuitive Health

*When we learn to develop and cultivate our intuition, it can become a trusted partner and beacon of wisdom to help us navigate our lives.*

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Intuition is an intrinsic part of the human experience. For thousands of years, writers, artists, scientists and philosophers have relied on their intuition to bring that “a-ha!” moment of clarity and inspiration. Healthcare professionals recognize the value of paying attention to their “gut feelings” when working with patients and clients. Energy healing practitioners use intuition regularly to guide their healing practices.

People often describe their intuition as an “inner voice,” or a “quiet knowing.” Intuition may manifest as an undeniable physical or emotional sensation, or even as an unshakable connection with spiritual guidance. Intuitive information may come to us in dreams, or as quick “hits,” often when we least expect it. When we learn to develop and cultivate our intuition, it can become a trusted partner and beacon of wisdom to help us navigate our lives.

Medical intuition is a method of intuition specifically designed to assess energetic imbalances in both the

physical systems of the body, as well as the biofield – the energetic systems of the body. Medical intuition is intended to help support physical, emotional, mental, and spiritual wellbeing. It is not a treatment, intervention, or modality, but rather a foundational intuitive assessment skill intended to enhance all health and wellness modalities.

When used by holistic health professionals, medical intuition provides an opportunity to deliver powerful intuitive health assessments for a focused approach to whole-person care. For the patient and client, a medical intuitive session offers the potential for deeper awareness and insight that can help to promote greater health and wellness. For personal self-care, medical intuition can illuminate the innate connections between our bodies, our minds, and our lives.

## INTUITION IN HEALTHCARE

Medical science depends on empirical data to create



benchmarks for validation. Can medical intuition conform to biomedicine’s “gold standard” of scientific testing? Is it possible to get a repeatable, reliable result with something as “woo-woo” intuition?

In writing my new book, *Essentials of Medical Intuition: A Visionary Path to Wellness* (Watkins/Penguin-Random House), I aimed to find out. What the literature revealed was a rollercoaster ride of both thrilling and disappointing studies – but ultimately, the outlook is very promising.

Although it may seem hard to believe, conventional medicine is willing to admit that intuition may be a useful aspect of medical practice. In a study published in *The Annals of Family Medicine*, eighteen physicians were interviewed to find out how they used their intuition when making decisions for their patients’ care (Woolley, Kostopoulou, 2013). The researchers found that when the doctors followed their “gut feelings” and intuitive “insights,” they reported a remarkably high degree of success.

Numerous studies with holistic nurses have yielded years of excellent research on intuition. Holistic nurses acknowledge the use of intuition as a validated component of clinical nursing expertise that supports safe patient care. (Melin-Johansson, et al, 2017)

Medical intuition shows up in recorded history as well, beginning in the late 1700s and continuing through the mid-1800s. (Gauld, 1992) In France and parts of Europe, early forms of hypnosis were extremely popular with both the public and the medical community. Used as a novel healing method, physicians began to notice that some of their hypnotized patients could “diagnose” their own illnesses quite accurately, and even suggest effective remedies. In 1831 this phenomenon was tested and verified by the French Royal Academy of Sciences – considered the premier scientific validation of the age.

In the early-to-mid 1900s, famed “medical clairvoyant” Edgar Cayce captured the public’s interest. (Sugrue, 1999) While in a sleeping trance,

Cayce could accurately “read” a person’s physical body for health issues, as well as prescribe treatments. Cayce, who had no medical training or background, worked with a number of physicians who attested to his uncanny skill.

Modern medical intuition came into broader public awareness in the late 1980s through the work of Caroline Myss and Dr. C. Norman Shealy. In studying Myss’s abilities with a series of tests, he found her to be 93% accurate in her ability to discern both physical issues, as well as the emotional/mental causes underlying a health imbalance (Shealy, 2010). Together, they coined the term “medical intuitive.”

Throughout my research, I was delighted to find pioneering doctors who were willing to perform their own studies of medical intuition. These include Dr. Daniel Benor, Dr. Shafica Karragula, Dr. Leon Curry, and others. I have outlined some of their significant work in my book.

Overall, I found the existing studies to be mostly small in scale. Though the study results were intriguing, they were, for the most part, inconclusive. The most recent study had been published twenty years ago; I felt it was time for some new research.

### ASSESSING THE ACCURACY OF MEDICAL INTUITION

In 2019, I completed an exploratory study, *Assessing the Accuracy of Medical Intuition*, with the support of Dr. Paul J. Mills, Director of the Center of Excellence for Research and Training in Integrative Health at the University of California San Diego. (Colter & Mills, 2020)

The study included five graduates of my Medical Intuitive Training™ Certification Program and sixty-seven self-selected participants. The sessions were blinded, as the medical intuitives had no knowledge of the participant’s medical or life history. Additionally, the medical intuitives’ eyes were closed during the sessions. After the sessions, the



participants filled out a survey to assess the medical intuitives' accuracy.

The participants rated the medical intuitives as 94% accurate in the location and evaluation of their primary health issue. The participants also rated the medical intuitives as 98% accurate in their intuitive assessment of life experiences that may have led to their health issues. Additionally, participants who had a known medical diagnosis rated the medical intuitives as 94% consistent with their known diagnosis.

We also found that participants felt the sessions were empowering in helping them to gain valuable insights into their health issues. Rating their sessions at a 99% satisfaction level, 100% of the participants agreed that the medical intuitives offered useful information, and 97% would recommend medical intuition to others.


The study, published in the peer-reviewed *Journal of Alternative and Complementary Medicine* (2020), represents the most recent research on medical intuition as of this writing.

## WHERE DOES MEDICAL INTUITION GO FROM HERE?

A recent survey queried a group of fifty U.S. professional medical intuitives to find out if they worked with licensed medical professionals, such as MDs, DOs, mental health therapists, acupuncturists, and others. (Colter, 2021) It was found that 82% of medical intuitives indicated they assist licensed healthcare professionals with medical intuition. Additionally, 86% indicated they receive referrals from licensed healthcare professionals for medical intuition services. And further, it was found that 30% of the medical intuitives surveyed were licensed healthcare professionals themselves!

Though these results may seem astonishing, they do not surprise me. Medical intuitives have been diligently working under-the-radar and behind the scenes for decades, with no fanfare or recognition. It's

important to remember that in conventional healthcare the environment to discuss intuitive experiences is still extremely stifled and even considered taboo. This mindset needs to change.

I have been a professional medical intuitive for twenty years, and have taught medical intuition to wellness professionals for more than ten years. I have seen the transformative difference it can make in people's lives and wellbeing. Medical intuition has a key role to play in the future of whole-person health, and offers valuable and practical benefits for practitioners, patients and clients. It is time to welcome and incorporate medical intuitives as integral members of the healthcare team. 

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