

MODALITY SPOTLIGHT

The Case for Studying Eden Energy Medicine for Chronic Obstructive Pulmonary Disease

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“I just want to be able to go fishing down at the lake again,” says Dave, a 64-year-old man recently hospitalized for an exacerbation of chronic obstructive pulmonary disease (COPD). I walk closely behind Dave as he slowly makes his way through the family room. He places his hands on the backs of the couch and recliner for balance, and after a few brief stops to catch his breath, we arrive at the kitchen table. Dave pulls out one of the chairs and carefully maneuvers his oxygen tubing to sit down with me as his eight-year-old golden retriever, Jasper, curls up by his feet. After some pursed lip breathing, he begins to share stories about boating and fishing with his partner at the lake behind their home. Dave’s face lights up as he reminisces, and I notice his eyes tearing up a bit. Five years ago, after 32 years together, his partner was diagnosed with pancreatic cancer and died less than one year later. Although



Dave quit smoking when his partner became ill, the effects of smoking two packs a day over many years has taken a toll on him. As his home health nurse, I ask several assessment questions and listen as Dave talks about his daily challenges. I carefully go through his shoebox full of medications, and we discuss what each pill and inhaler is for. Dave is quite savvy when it comes to his health and self-care, but as he points at the slew of prescriptions covering the table he says, “this just isn’t enough.”

Dave is not alone in his struggles with COPD. This chronic irreversible respiratory disease, characterized by persistent airflow limitation, affects 10.1% of people aged 40 years or older across the globe (Jahyani et al., 2022; Vu et al., 2020). In 2018, according to the American Lung Association (n.d.), nine million adults had chronic bronchitis and two million adults had

emphysema in the United States. Chronic obstructive pulmonary disease is a complex, multifaceted disease that affects people in a variety of ways and results in significantly impaired quality of life (Brien et al., 2018). Current treatments, according to Brien et al. (2018), are primarily focused on physiological impairment and airway inflammation, and interventions are predominantly pharmacologic. As COPD is progressive and distressing, resulting in poor quality of life for many, a holistic, individualized, integrative approach is needed (Brien et al., 2018).

Eden Energy Medicine (EEM) is a “hands-on health-care approach providing assessments and interventions that focus on the body’s electromagnetic and more subtle energy systems” (Eden & Feinstein, 2020, p. 25). “What distinguishes EEM from the other energy medicine approaches is its embrace of the nine major energy systems, with procedures for clearing each, strengthening each, and harmonizing their interactions with one another” (D. Feinstein, personal communication, May 5, 2022). According to Eden and Feinstein (2020), EEM was founded by Donna Eden who was diagnosed with multiple sclerosis at the age of 16, and at the age of 27, had a heart attack and was told by several doctors that she would only live a few more years. For as long as Donna can remember, she has been able to see and sense the body’s subtle energies, so when faced with a poor prognosis, she focused on understanding the body’s energies related to her illness and experimented various procedures on herself (Eden & Feinstein, 2020). After about two years of intensive experimentation, Donna was relatively symptom free (Eden & Feinstein, 2020). Although minimal scientific research has been conducted on EEM, studies have found other bioenergy therapies such as Healing Touch, Therapeutic Touch, and Reiki to result in a wide variety of health benefits. Individuals with COPD need access to complementary therapies, like Eden Energy Medicine, that have the potential to improve symptoms and enhance quality of life.

LITERATURE REVIEW

Systematic Reviews of Bioenergy Therapy Interventions

Several studies have evaluated the effectiveness of bio-energy therapies in diverse populations with various illnesses. Systematic reviews have been conducted on specific bioenergy therapies including Healing Touch, Therapeutic Touch, and Reiki as well as on general energy healing modalities. Healing Touch has been found to be an effective therapy for chronic disease management, specifically for improving quality of life (Anderson & Taylor, 2011). Therapeutic Touch has been found to improve the health status of patients with cancer as it can help manage pain, anxiety, physical function, and nausea (Tabatabaee et al., 2016). Participants receiving Therapeutic Touch, according to Tabatabaee et al. (2016), have reported many other subjective benefits including reduction in fatigue, enhanced vitality, and improved mood, well-being, and interpersonal relationships. Reiki, according to McManus’s (2017) systematic review, has demonstrated to be more effective than placebo in eight of 13 studies.

Bioenergy Therapy Interventions for COPD

One study evaluated the effect of Therapeutic Touch on sleep quality and anxiety in 103 patients with COPD (Çalışkan & Cerit, 2021). In this study, the patient received Therapeutic Touch in a seated position for 10 minutes a day for three consecutive days. The authors found statistical improvements in both sleep quality and anxiety on the second, third, and fourth days, and the experimental group’s sleep quality showed significant improvement compared to the control group. Based on these findings, Çalışkan and Cerit (2021) suggest nurses working with this population in clinics learn Therapeutic Touch and offer this service to patients.

Literature Review Summary

During this literature review, no peer-reviewed studies were found to have evaluated Eden Energy Medicine (EEM). Many studies have shown a variety of positive

effects and participant responses to other bioenergy therapy interventions including Healing Touch, Therapeutic Touch, and Reiki. Eden Energy Medicine is worth studying as it is a comprehensive bioenergy therapy that embraces the nine major energy systems including the Meridians, Chakras, Aura, Electrics, Celtic Weave, Basic Grid, the Five Rhythms, Triple Warmer, and Radiant Circuits (Eden & Feinstein, 2008). Like other bioenergy therapies, it has the potential to improve quality of life. Current research has identified that patients with COPD experience poor quality of life, and therefore, there is a great need to research non-pharmacological and complementary therapies for this population (Vu et al., 2020). Researchers have also emphasized the need for a holistic, person-centered, and integrative approach to caring for people with COPD (Brien et al., 2018). Eden Energy Medicine is a highly individualized bioenergy therapy that helps to empower individuals by offering EEM self-care practices in between practitioner sessions to balance energies within the nine major energy systems. Also, only one study was found to have provided a bioenergy therapy intervention in the patient's home. As it can be challenging for patients with COPD to leave the home for appointments, it is important to provide access to bioenergy therapies for this population by offering this therapy in the home environment.

POTENTIAL RESEARCH STUDY: Evaluation of EEM on Quality of Life in Adults with Moderate to Severe COPD in the Home Environment

Study Purpose

Individuals with COPD often experience poor quality of life, and there is a current lack of research evaluating the effects of complementary therapies on quality of life in this population. No formal scientific research has been conducted on EEM, few studies have evaluated bioenergy therapy's effects on patients with COPD, and very few studies have offered bioenergy therapy interventions in the home environment. Bioenergy therapies have demonstrated effectiveness in improv-

ing quality of life in diverse populations with various illnesses. The purpose of this study is to evaluate EEM's impact on quality of life in adults with moderate to severe COPD in the home environment.

Overview of Study Procedures

To evaluate the impact of in-home EEM on quality of life in adults with moderate to severe COPD, a certified EEM practitioner will provide one session every week in the participant's home for 8 weeks. Participants will complete a quality of life questionnaire prior to receiving a session, after the fourth session, and after the eighth session. Two practitioners will be assigned to eight participants each, for a total of 16 participants, and an additional practitioner will serve as a "back-up" in case of any unforeseen circumstances. Practitioners will assign individualized "at home care" in the form of EEM self-care exercises in which participants will be asked to record in a journal along with any feelings or symptoms experienced in between sessions. After the eighth EEM session, each participant will be interviewed and completed journals will be collected at that time.

Theoretical Framework

The theoretical framework supporting this research study is that each person has the innate ability to heal themselves. Donna Eden states, "Energy is the foundation of physical and emotional health" (EMI, 2021). According to the Energy Medicine Institute (2021), activating the body's natural healing abilities can result in restoration of weakened, disturbed, or imbalanced energies. It is thought that bioenergy therapies involve interactions between the recipient's energy field and the practitioner's intention and energy field which is related to the concept of quantum enigma (Dibra & Micozzi; 2019).

Conclusion

Imagine Dave and his dog, Jasper, walking side by side to the dock and the immense joy he would experience being able to fish at the lake again. He and others who



suffer from COPD deserve access to safe and effective complementary approaches supported by quality research. Quality of life is vital for individuals with serious illnesses like COPD, and a whole person, integrative approach that includes complementary therapies like EEM may help them live their best life.

Even though this proposed study is not without potential limitations, it will show the impact of EEM on quality of life in adults with moderate to severe COPD in the home environment. It may lead to future mixed methods studies that evaluate EEM on other severe or chronic illnesses, EEM's impact on quality of life, EEM in the home environment, and participant experiences of EEM.

As more research supports the effectiveness of bioenergy therapies, such as EEM, for people living with chronic illness, it may become more accessible for these populations in various care settings including home health, hospitals, specialty clinics, palliative care, and hospice programs. As EEM includes self-care practices in between practitioner sessions, this modality could be beneficial for most people as individuals become an active participant on their own self-healing journey. These practices can be taught in a variety of settings including patient care settings, schools, businesses, and beyond, placing the power of healing back on the individual. 

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