



PRESS RELEASE

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Holistic Healing
Embracing Alternative Care
US News Report

Reiki was just one of the many alternative care therapies mentioned in the January 21st issue of US News magazine, owing to its increase at many hospitals throughout the country.

Reiki, a gentle and benign form of Asian therapeutic touch is often given by nurses to their patients and is intended to rebalance the life force or qi after illness, surgery, stress or other disruptions.

By placing their hands over key points on the body, nurses are able to bring calm and relaxation very quickly to their patients. Also, the nurses are able to use Reiki as stress relieving techniques for themselves in their daily routines.

Although, research is still ongoing into the main benefits of Reiki, Practitioners often find the major outcome presents as a deeper and more accelerated relaxation.

Elissa Clay, RN, MSN, FNP-c, Clinical Services Manager, Sexual Health Program, LA Gay and Lesbian Center, commented, "Using Reiki both personally and professionally has allowed me to interact with my patients in a new and entirely therapeutic way. Many people are not familiar with the practice of Reiki, but are able to recognize the pleasant calmness and feelings of relaxation commonly

experienced when its being used. On multiple occasions I have noticed a general drop in heart rate, blood pressure and respiration, when practicing Reiki on monitored patients. People have reported feeling relaxed and having a decreased level of chronic pain. As a practitioner, I believe there is much to be learned about the positive health outcomes Reiki can influence”.

30 minute Reiki sessions have also proven a reduction in specific biologic markers related to the stress reduction response, a decrease in systolic blood pressure and increase in salivary levels, at the University of Texas Houston Science Center.

The California Pacific Medical Center offers a Reiki program whereby they offer Reiki to support acute illnesses including asthma, headaches and infections. At the Columbia Presbyterian Medical Center in NY, Reiki is being used to rebalance patients’ energy during open heart surgeries and heart transplants.

For more information regarding Reiki training you can visit www.aroma1healing.com and www.reikiinhospitals.org.

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BIO

Nicola Salter is a professionally trained Clinical Aromatherapist and Reiki Level 3 Instructor and Practitioner, she has practiced both Aromatherapy and Reiki in clinical settings in London, England, and in Los Angeles (including the Center for Health at St John’s Hospital), and is often heard on local radio and seen on local TV promoting these modalities.

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