

EQUILIBRIUM Energy + Education

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LEADING-EDGE THINKING AND THERAPIES FOR WELLNESS
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Research into Reiki and Multiple Sclerosis

There are 85,000 Multiple Sclerosis patients in the UK. It is believed to be an auto-immune disease destroying the protective myelin sheath around the nerves. This results in some or all of the following symptoms: Lethargy, depression, cognitive (memory) problems, motor problems, pain, fatigue, urine problems, bowel problems, and difficulty in walking. The only real treatment for this is Beta interferon. However this is extremely and it is not available to all people with Multiple Sclerosis as it is believed to be less effective in some groups.

In 2002 it was decided that, due to the wide range of symptoms involved in MS and the lack of freely available therapy, that Reiki would be offered free of charge to 13 people who wished to be part of the case studies to investigate the effects of Reiki on a wide variety of symptoms. The Multiple Sclerosis Society of Medway, Sittingbourne and an open minded GP from Dartford referred 13 patients for us to treat. Following advice from Dr Chong Consultant Neurologist at Medway Hospital, Kent, certain measuring devices were used to ascertain the effects of Reiki on a weekly basis prior to each treatment session. At each weekly session a visual scale was given by the patient and recorded. (0 = no problems 10 = the most severe possible). Where able to, the patient was asked to walk 10 meters and this was timed. Each patient was seen for 1.5 hrs once a week for 12 weeks. At the beginning and end of each patient's case study, the SF36 questionnaire was completed by the patient. This was used to evaluate the effects of the Reiki treatment.

Summary of Results of the 13 Case Studies

All patients improved in at least 3 of their measured parameters. The following are average percentage reductions.

- 90.2%** Reduction of Lethargy
- 87%** Reduction of Depression
- 78.7%** Reduction of Cognitive Problems
- 75.3%** Reduction of Motor Problems
- 73.5%** Reduction of Pain
- 70.2%** Reduction of Fatigue
- 69.1%** Reduction of Urine Problems
- 62.8%** Reduction of Bowel Problems
- 38%** Reduction in Walking Time

Source: www.reikiresearchfoundation.org (The Reiki Research Foundation)