

## **EQUILIBRIUM Energy + Education**

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### **FREQUENTLY ASKED QUESTIONS ABOUT THE BENGSTON ENERGY HEALING METHOD®**

#### **What is the Bengston Energy Healing Method®?**

The Bengston Energy Healing Method® is an innovative energy-based healing technique developed by researcher William Bengston, PhD, that engages natural energy fields and systems, and that Dr. Bengston's published research with animal populations has shown to be effective. Dr. Bengston has been conducting research on this form of energy therapy for several decades and has proven the effectiveness of his technique in 10 controlled animal experiments conducted in 5 university biological and medical laboratories. His healing research has produced the first successful full cures of transplanted mammary cancer and methylcholanthrene induced sarcomas in experimental mice with hands-on techniques that he helped develop. Although the Method appears to have promising physical, mental and spiritual health benefits for humans, it has yet to be fully researched by the Western academic, medical and psychological communities for human application. For more information about the method and its development, please see Dr. Bengston's website at [www.bengstonresearch.com](http://www.bengstonresearch.com).

#### **What about humans?**

Over the past 35 years, Dr. Bengston and the therapists he has trained successfully treated people with many types of cancer—bone, pancreatic, breast, brain, rectal, lymphatic, stomach, leukemia—as well as other diseases, all using this hands-on technique that is painless, noninvasive and has no unpleasant side effects. To Dr. Bengston's knowledge, no person he has healed ever experienced a recurrence.

#### **What are typical results?**

It depends on the individual situation. The Bengston Energy Healing Method® appears to work best on fast-growing cancers. The faster growing the cancer, the more quickly the method seems to work. The slower growing, the longer it seems to take. With certain kinds of very slow-growing cancers, like skin cancer, Dr. Bengston simply recommends surgery.

#### **Why does this method work with some people and not others?**

It has been the clinical experience of Dr. Bengston as well as the therapists he has trained that this method works best with individuals who have not had chemotherapy or radiation treatments. The Bengston Energy Healing Method® appears to hyper-stimulate the immune system to achieve results. It is Dr. Bengston's hypothesis that chemo and radiation significantly compromise or "kill" the immune response, rendering The Bengston Energy Healing Method® less effective or ineffective in individuals who have had those types of treatment.

**Are you recommending that I use the Bengston Energy Healing Method® instead of getting chemo or radiation treatments?**

Neither Dr. Bengston nor the therapists at Equilibrium are physicians, and we do not counsel people on the course of their treatment, or what treatment options they should choose. That is your individual choice, and completely up to you.

**What typically happens with Bengston Energy Healing Method® treatments?**

Dr. Bengston's laboratory research showed that, in mice, the Bengston Energy Healing Method® appears to hyper-stimulate the immune system. This means that, rather than shrinking tumors, the energy hyper-cycles tumors out of the body – think of time-lapse photography of a rose, that shows the rose going very, very quickly from bud to flower to decay, when the rose no longer exists. With the lab mice, the tumors literally “exploded” out of their bodies, and the mice were not only cancer-free, they were permanently immune to cancer, no matter how many times they were re-injected with cancer cells.

**Do tumors “explode” out of humans too?**

There are no clinical cases of that happening. However, just as they did in the lab mice, tumors in humans sometimes get a bit larger before they disappear completely. This is a normal, typical part of the process with this therapy. Also, just as with other forms of Eastern therapies like acupuncture or other energy medicine therapies, toxins are often released and clients can feel as though they are getting worse before they get better. For example, some clients experience skin rashes, pangs of pain in the tumor area, or other reactions. Again, this is normal with the Bengston Energy Healing Method® and indicates that healing is underway.

**Aren't all forms of energy therapy the same?**

No, there are many different kinds of energy therapies – the Bengston Energy Healing Method®, Reiki, pranic healing, qi gong healing, just to name a few. They are all energy medicine therapies, but they each appear to have not only their own energy frequency, but also different healing outcomes. For example, there are dozens of published studies on Reiki therapy, showing that it boosts the immune system, induces a deep relaxation response, creates better quality of life in cancer patients, and more. But no studies have ever shown that Reiki actually cures cancer, compared with the Bengston Energy Healing Method®, which research shows can cure cancer.

**How many treatments are required with the Bengston Energy Healing Method®?**

Dr. Bengston generally recommends 8 sessions, typically a week apart.

**Can treatments be done more often?**

They can be, but greater frequency does not appear to improve the outcome. Dr. Bengston hypothesizes that it takes the human body about a week to process as much energy as is received during a treatment, and that trying to give more energy sooner is like topping off a cup that is already full.

**What does it feel like to receive a treatment?**

Depending on how energy-sensitive you are, you may or may not feel the energy moving in you. However, we always ask clients to get into a comfortable position, lying down, because they usually fall asleep during the treatment.

**Do treatments need to be done hands-on?**

No, they can also be done as distance healing with exactly the same effect. The principles of quantum physics explain why healing works equally well at a distance as in person, and the book we recommend most for understanding this is *The Basic Code of the Universe: The Science of the Invisible in Physics, Medicine and Spirituality* by Massimo Citro, MD.

**Can I do the Bengston Energy Healing Method® on myself?**

Unfortunately not. Reiki may be the only form of energy therapy that you can use to treat yourself. It appears that, like most forms of energy medicine, the Bengston Energy Healing Method® must be performed by someone trained to do the therapy.

**What is “charged cotton”?**

Depending on the type of cancer, location of tumors, and other factors, charged cotton can support the progress of therapy. Dr. Bengston discovered that cotton can be “charged” with this particular energy, and that applying charged cotton to the tumor site can draw some level of disease energy out of the body. If charged cotton is recommended in your particular therapy, you will be given instructions on how to use it.

**Does Dr. Bengston work on clients himself?**

He no longer does, as he has now dedicated his time and efforts to research and to teaching the Bengston Energy Healing Method®. He consistently refers clients to the trained therapists here at Equilibrium.

**How can I learn more about the Bengston Energy Healing Method®?**

Please go to Dr. Bengston’s website at [www.bengstonresearch.com](http://www.bengstonresearch.com). Also, the book entitled *The Energy Cure* by Dr. Bengston explains the development of this therapy, and his set of CDs, *Hands-On Healing*, teaches the basic principles of the method. You can order the book and CDs from Equilibrium.

**How can I get a course of therapy?**

Just call Equilibrium at (312) 786-1882 and we will get you started. We charge \$300 for four sessions, and we accept Visa, MasterCard and American Express for payment. As soon as payment is made, we will schedule four appointments for you. We do not need any medical records, but if you are not receiving the therapy in person, we need your full name, address and a recent photo of you, all of which you can email to us. We also ask that, within 48 hours after a treatment, you email us and let us know how you are feeling.