

Energy Medicine: Practical Application of Ancient Wisdom

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Energy medicine is the ancient wisdom inside each human being. It is a bioelectric-based natural intelligence with a magnetic pull directing living organisms toward health. Any deviation from this innate attraction to grounded wellness creates disease.

Recently energy medicine has come under increasing study by the scientific community. While energy medicine has existed in various forms for centuries, the current field of energy medicine does not have one absolute definition. The answer to the question "What is energy medicine?" varies according to the energy medicine practitioner. There is no standard scientific understanding or precise meaning of these ideas in the Western scientific paradigm, although various explanations are offered for energy medicine in terms of a vital force or life energy. A new paradigm for researching biology and medicine based on energy information is required to define energy medicine. (Rubik, 1995).

The phenomenon of energy and healing was first observed thousands of years ago by Chinese healers who identified twelve major meridians, or pathways of energy, in the body. These meridians link various limbs and organs together in an intricate network. When this energy field is strong and vibrant, the entire organism remains healthy and balanced. When it is weakened or disturbed by any number of factors, the body becomes increasingly subject to weakness, sickness, and eventually death.

Over the centuries, healers using energy medicine discovered that they were able to positively influence the body's health by working with its energy field. They taught their patients various techniques such as slow, measured movements, breathing, meditation, and relaxation. Thus, they helped their patients recover from serious illnesses and maintain health (Camfferman, 1999).

Today, energy medicine is practiced in many forms. The following is a brief list of energy medicine modalities.

1. Meditation, Prayer

Guided visualization, deep breathing, focusing on a word or sound, and being mindful of your thoughts are some of the current applications of the ancient arts of meditation and prayer. Some benefits researched by Western scientists include lowered blood pressure, stimulation of the body's immune system, and stress release.

2. Acupuncture/Acupressure

Acupuncture is an ancient form of Chinese medicine. The acupuncturist identifies blockages to the energy flow and opens up the pathways to increase circulation. This is done by inserting small needles into the skin at specific energy points along the meridians. Electro-acupuncture uses the same method with the addition of a regulated low-voltage electric current sent through each needle into the meridians.

- Acupressure uses no needles, the trained hands of a therapist applies pressure to the nodal points on the meridians.
3. **Chi Gung (Qi Gong)**
The movement meditation of Chi Gung sprouted the Western version called, Tai Chi Chaun; this practice is a dance like movement of the hands, body, and feet aligned with breathing techniques. The practitioner focuses on feeling and moving the Chi energy through the meridians of the body. Medical Qi Gong is the root from which many hands-on healing techniques branched out from in the West.
 4. **Reiki/Therapeutic Touch**
Reiki is a Japanese practice that trains practitioners to access the “Buddha/Christ universal healing energy.” This ancient modality is passed on from master teacher to student and involves specific symbol and energy transference. It is an easily accessible form of energy healing to people of all walks of life. This is a hands-on healing modality where a practitioner touches specific locations in a patient's body. In the early 1970s, Dolores Krieger, R.N., created an American version called Therapeutic Touch. She learned some basics of spiritual healing from theosophy. She introduced this concept of spiritual healing energy, which she referred to as “prana,” to thousands of nurses (Goldner, 1999).
 5. **Homeopathy**
Homeopathy was formulated 200 years ago by Samuel Hahnemann, a German physician. Remedies are prescribed according to the classical Greek Law of Similars, namely “that which makes sick shall heal.” This means that the symptoms caused by an overabundance of a substance can be cured with a small dose of that substance. The homeopathic remedies are diluted so greatly that no chemical trace of the original substance remains. This process apparently imprints the energy pattern into a container of water in which it is diluted (The Society of Homeopaths, 1998).
 6. **Biofeedback**
Developed at the Menninger Clinic in Kansas, by Elmer Green, the biofeedback machine operates via electrodes connected to a patient’s head and fingers. A baseline for health is charted by measuring electrical conductivity within the body anatomy. People learn to control muscle tension, skin temperature, brain wave activity, and blood pressure. A widely used modality and accepted in many medical institutions for it’s proven efficacy in treating migraines, high blood pressure and other illness.
 7. **Intuition Medicine®**
Intuition Medicine is based on the premise that all matter, including human bodies, is comprised of energy. Physics has taught this for years, and it is now considered a scientifically proven fact. Intuition Medicine® focuses on the energy and spirit of a person. Our cells are meticulously organized into systems that doctors use as a basis for diagnosis and healing, and it is the same for our energy. Intuition Medicine® practitioners have many diagnostic and intervention tools to heal these energy systems. All cellular and chemical matter has energy as its base component, so when

you shift the energy, you also physically heal the body. Because it works with energy, the basic element of matter, Intuition Medicine® offers a healing modality that can be both an alternative and a complement to our traditional methods of healing (Laurenson-Shipley, 2000).

8. Kinesiology

Kinesiology interfaces between subtle energy to physical medicine. Basically it is the testing of muscle power at its simplest physical level. Physical therapists and exercise specialists have very detailed manual techniques for evaluating muscle strength. A wide variety of tests may be done ranging from placing an unknown substance in the mouth, to colors, to thoughts that affect the muscle energy.

9. Flower Essences

Flower essences are essentially homeopathic preparations which were originally created by Dr. Edward Bach, a British physician, early in the 20th century. Many practitioners believe that the Bach flower remedies or flower essences are among the most popular of the homeopathic approaches. Rescue remedy is perhaps the most popular of all and is said to be of great use in both emotional and physical shocks.

10. Magnetic Therapy

Studies in the application of magnets to the body have reported significant reduction of pain with applications of 11,000 gauss magnets to specific areas of the body. These magnets which have been demonstrated to be of some benefit physiologically and psychologically produce an electromagnetic field which creates a differing electromagnetic response in the area of the body where it is placed. Research has been done with 2500 gauss magnets placed six inches above the top of the head which results in increasing Delta activity deep inside the brain.

11. Color and Light Therapy

Color therapy has scientific evidence to support that application of different colored lights can markedly change chemistry, including oxytocin, prolactin, beta endorphins, etc. Flashing red lights have been used successfully to treat migraine headaches. The Lucia Color Test is a psychological diagnostic based upon one's preferences of up to 156 colors.

12. Sound, Music and Tone

The brain can be entrained by sound frequencies just as it can be by light frequencies. The late Robert Monroe has done the best work in this field at his Monroe Institute in Virginia. The Institute has reports of research of marked reduction in pain, as well as many health improvements using pulse frequencies of sound. Music is well documented as an emotional calming agent, as well as can be used in psychotherapy to assist with emotional catharsis.

Another technique was discovered by Reinhold Voll, M.D. Dr. Voll is a German doctor who found in 1940 that the electrical resistance of the skin decreases dramatically at the acupuncture points when compared to the surrounding skin. This led the Western

founders of the current approach to energy medicine. These discoveries created a new field of energy medicine instruments (e.g., Voll Meter, Radionics Meter) that have been developed both for assessment and treatment.

The Burton Goldberg Group (1993) reported the following:

Franz Morrel, M.D., a colleague of Dr. Voll, created another treatment instrument called the Mora. Dr. Morrel believed that all biological processes are essentially a matter of electromagnetic signals that can be described by a complex waveform. Health can be considered as a smooth wave, while disease is identified by unwanted variations on this wave, both higher and lower.

Dr. Morrel had the idea of taking the electromagnetic signals directly from the body and manipulating the aberrant waveforms by raising or lowering them to create normal waves. These corrected waves are then fed from the device back into the patient at the corresponding acupoints. The signals can be taken from any area of the body, modified, and then returned to the specific area (p. 195).

There are other Western leaders in the emerging field of energy medicine. For instance, Rev. Rosalyn Bruyere has influenced most of the healers in the United States including many of the nurses who have studied therapeutic touch. Barbara Brennan, who runs the largest school for healing science, briefly studied with Bruyere and teaches the techniques she learned from her; in 2001, Barbara received her PhD in Energy Medicine from Greenwich University. The Sioux and Hopi consider Bruyere a medicine woman, and the Bonpo, a pre-Buddhist Tibetan group; regard her as a living embodiment of a 4,000-year-old prophecy. Bruyere has been poked, wired, and quizzed by scientists at UCLA and the Menninger clinic. Ordained as a spiritualist minister in 1971, she founded the Healing Light Center Church in 1976 in Los Angeles, CA (Goldner, 1999).

Other Western leaders include: Deepak Chopra, M.D., an advocate of meditation; Dr. Jon-Kabat Zinn, founder of a stress-reduction clinic at the University of Massachusetts; and, cardiologist Dr. Dean Ornish, an expert on reversing heart disease through diet, yoga and meditation. They found that calmness and self-knowledge gained through meditation may have therapeutic biological effects.

In the 1990s, three mainstream doctors published books on the interaction of the human energy field and medicine. Christine Northrop, M.D., wrote about energy anatomy in her best-selling book, *Women's Bodies, Women's Wisdom*. Judith Orloff, M.D., wrote about clairvoyance in the practice of psychiatry in her book, *Second Sight*. Psychiatrist and neuroscientist Mona Lisa Schultz, M.D. wrote, *Awakening Intuition*, which explains how to use the mind-body network for insight and healing.

In the 1980s, C. Norman Shealy, M.D., grounded energy medicine into mainstream acceptability with his study and training of medical intuitives. His groundbreaking

research with clairvoyant Carolyn Myss, Ph.D., created the accepted definition of the term "medical intuitive." Dr. Shealy's research showed that Myss' medical diagnoses were correct 93 percent of the time.

This created a new paradigm for biology and medicine based on energy information. Norman Shealy and Caroline Myss have written the current reference books on energy medicine. In addition, Dr. Myss completed her doctorate in intuition and energy medicine, the country's first such degree, at Greenwich University in Australia. Dr. Shealy is the chair emeritus of the energy medicine program at Greenwich University, the only university in the world with such a program.

In the past decade, energy medicine has become a recognizable presence in the health-care field. Energy medicine modalities are being taught to hospital staff at California Pacific Medical Center's Health and Healing Clinic in San Francisco, CA. Medical Intuitives are sitting in surgery rooms at Stanford Medical Center's hospital in Palo Alto, CA. Energy medicine documentation forms for medical insurance claims have been available on the Internet since January 1999 (Henderson, 1999) and Greenwich University on Norfolk Island, Australia, is a pioneering school that grants the world's first Ph.D. degree in energy medicine.

Hospitals, surgery rooms, medical clinics, insurance companies, and an internationally accredited university have grounded energy medicine into the present. Courses on the role of religious devotion and prayer in healing are currently being taught in approximately 50 U.S. medical schools. This is an historic event, a stunning reversal of the exclusion of these factors from medical education for most of the twentieth century. In addition, conventional medical journals, such as the *Journal of the American Medical Association (JAMA)*, are increasingly willing to publish studies involving unconventional therapies. *JAMA's* issue of November 11, 1998, was devoted exclusively to the field of alternative medicine.

A recent groundbreaking move was made by the American Board of Holistic Medicine (ABHM) in December, 2000; the first ABHM board review of holistic medicine, The "Art, Science, and Practice of Holistic Medicine" was presented in Denver, Colorado. Approximately 200 MD's sat for the first ABHM certification examination. ***Note: One of my students was certified at this exam, becoming one of the first M.D.'s to be board certified in Holistic Medicine.***

The opening statement of the Art, Science, and Practice of Holistic Medicine course included this statement:

Holistic medicine is based on the core belief that unconditional love is life's most powerful healer. At its essence, the practice of holistic medicine embraces a spirit of interdisciplinary and physician-patient cooperation; balances the mitigation of causes with relief of symptoms; integrates conventional and complementary therapies; and facilitates the experience of being fully alive.

It is at present not possible to fully academically test candidates for these core issues in holism. It has been the intent of the directors of the A.B.H.M., however, to carefully structure the testing for skills in complementary medicine, the interview and the required paper for candidates for the board examination, in the content of this review course itself, to be a total learning experience for those in attendance to foster the enhancement of the practice of holistic medicine.

The review course and the board certification examination will begin to incorporate reasonable standards into American medical practice and education, health planning, and research, regarding the application of the body of knowledge which encompasses the field of holistic medicine. The A. B. H. M. founders envisioned a paradigm shift in the direction of incorporating holistic principles into the practice of medicine in the United States. Standardization of the curriculum and the certification examination will help the public demand and professional interest in the inclusion of "alternative" medical practices in the integrated delivery of the best possible medical care.

This board certification examination opened a new chapter of energy medicine in the history of science. The ABHM board of trustees established twelve principles of holistic medical practice; twelve areas of the science of holistic medicine were approved; and three components of holistic health – body, mind, and spirit – were defined. During the first board review course intensive, thirty-two specific holistic courses were presented by thirty medical and osteopathic doctors. Each physician presented a course designed to introduce his or her specialty, and taught a complementary allopathic to holistic approach. The learning objective of this intensive review course of holistic medicine was that the participants should be able to, "...describe the areas encompassed by holistic medicine; and implement a personalized program for creating a condition of optimal health." (*The Art, Science, and Practice of Holistic Medicine*, 2000)

The twelve ABHM principles of holistic medical practice are:

1. Unconditional love is life's most powerful healer.
2. Optimal health is much more than the absence of sickness
3. Illness is viewed as a manifestation of the whole person, not as an isolated event.
4. Holistic physicians embrace a variety of safe, effective options in diagnosis and treatment, including:
 - a. education for lifestyle changes and self-care
 - b. complementary approaches; and
 - c. conventional drugs and surgery.
5. Searching for the underlying cause of disease is preferable to treating symptoms alone.

6. Holistic physicians expand as much effort to establishing what kind of patient has a disease as they do establishing what kind of disease a patient has.
7. Prevention is preferable to treatment and is usually more cost-effective. The most cost-effective approach evokes the patient's own healing capabilities.
8. A major determinant of healing outcomes is the quality of the relationship established between physician and patient, in which patient autonomy is encouraged.
9. The ideal physician-patient relationship considers the needs, desires, awareness and insight of the patient as well as those of the physician.
10. Physicians significantly influence patients by their example.
11. Illness, pain, and the dying process can be learning opportunities for patients and physicians.
12. Holistic physicians encourage patients to evoke the healing power of love, hope, humor and enthusiasm, and to release the toxic consequences of hostility, shame, greed, depression, and prolonged fear, anger, and grief.

The American Board of Holistic Medicine took a quantum leap for Western medicine putting aside the rationalistic/scientism model for understanding the human condition, in what I observe, as a current transitional approach in energy medicine research by stating that, "The primary objective of the practice of holistic medicine is the experience of optimal or holistic health. Optimal health is the unlimited and unimpeded free flow of life force energy through body, mind, and spirit." The statements continued further with an expression of, "Holistic physicians believe the essence of this energy is unconditional love. It is also called and chi (Chinese), ki (Japanese) parentheses, prana (Sanskrit), and chai (Hebrew). The art of practicing holistic medicine lies in healing/loving ourselves love; and that our work is to help our patients by identifying and committing to mitigate and remove the restrictions and obstructions that cause dis-ease to prevent us from fully experiencing and enjoying life. It is a process of facilitating growth and maximizing human potential." (ABHM, 2000)

History by the word itself implies an event which occurred *in the past*, and in examining this recent historic movement in medical science we are observing history in the making – or maybe in the remembering of ancient principles of holism. The ABHM also created their definition for the science of holistic medicine and in part stated, "... this science has been evolving for the past three decades..." (The Art, Science, and Practice of Holistic Medicine, 2000).

A regimented course of "areas of study" is required for board certification in holistic medicine, in addition to a written exam, an essay, interview, holistic health self-assessment (see Figure 1, pages 1—4), and recommendations. The twelve topics which comprise the core curriculum for certification are in themselves a current history of the science of energy medicine. The ABHM areas of study:

The Science of Holistic Medicine

BODY: Physical and Environmental Health

1. Nutritional Medicine
2. Environmental Medicine
3. Exercise Medicine

MIND: Mental and Emotional Health

4. Behavioral Medicine (including Psychoneuroimmunology)

SPIRIT: Spiritual and Social Health

5. Spiritual Medicine
6. Social Medicine

The six specialized areas are:

1. Biomolecular Medicine
2. Botanical Medicine
3. Energy Medicine
4. Ethno- Medicine
5. Homeopathic Medicine
6. Manual Medicine

Robert S. Ivker, D.O.'s introductory talk at The Art, Science, and Practice of Holistic Medicine conference included statements more akin to ancient principles of spirituality rather than the modern science of medicine. In addressing the conference of physicians Dr. Ivker used phrases like: "Path of self-nurturing; Listening to your heart; Guiding our patients." and presented a list of components of holistic health which reads like a powerful list of greater-good affirmations. Here is the ABHM compiled list for:

Components of Holistic Health

Loving your BODY:

Physical Health

- high energy and vitality
- freedom from or high adaptability to pain, dysfunction, and disability
- a strong immune system
- a body that feels lights, balanced, and has good aerobic capacity
- ability to meet physical challenges
- full capacity of all five senses and a healthy libido

Environmental Health

- harmony with your environment (neither harming nor being harmed)
- awareness of your connected this with nature
- feeling grounded
- respect and appreciation for nature, the earth at all of her inhabitants
- contact with the earth; breathing healthy air; drinking pure water; eating uncontaminated food; exposure to the sun, fire, or candlelight; immersion in warm water (all on the daily basis)

Loving your MIND:

Mental Health

- peace of mind and contentment
- a job that you love doing
- optimism
- a sense of humor
- financial well-being
- living your vision

Emotional Health

- self-acceptance and high self-esteem
- capacity to identify, express, experience, and except all of your feelings, both painful in joyful
- awareness of the integral connection between your physical and emotional bodies
- confronting your greatest fears
- fulfilling your capacity to play
- peak experiences on a regular basis

Loving your SPIRIT:

Spiritual Health

- experience of unconditional love/absence of fear
- soul awareness with a personal relationship with God or spirit
- trust in your intuition and a willingness to change
- gratitude
- creating a sacred space on a regular basis through prayer, meditation, walking in nature, observing a Sabbath day, or other rituals
- sense of purpose
- being present in every moment

Social Health

- intimacy with the spouse, partner, relative, or close friend
- forgiveness
- sense of belonging to a support group or community
- touch and/or physical intimacy on a daily basis
- selflessness/altruism

Holistic physicians are listening to their patients, as well as their own hearts and spirits, and changing the practice and the science of medicine by the complementary inclusion of the art and science of energy medicine. This historic energy medicine conference included an elite group of physicians. Among the course presenters of Holistic Medicine Treatment (HMT) were: Bob Anderson, MD, Nutritional Medicine, Exercise Medicine and Biomolecular Therapies; Dan Benor, MD, Spirituality and Healing; Art Brownstein, MD, HMT for Back Pain; Terry Collins, MD, Environmental Medicine; Kathi Fry, MD, HMT for Women; Mark Hoch, MD, Chi Gong; Leonard Laskow, MD, Healing with Love; Lev Linkner, MD, Botanical and Homeopathic Medicine; Amy Saltzman, MD, Mindfulness Meditation. **Note: Amy is a friend and colleague; she practices at the**

California Pacific Medical Center, Institute for Health and Healing; Norm Shealy, MD, Energy Medicine.

We are in a renewed era of energy medicine. We are embracing a renewed belief in holism and spirituality as part of medicine. Meditation not medication is a common, freely given prescription. A new medical paradigm is needed to research energy medicine; a formula for reinventing ancient healing wisdom.

ENERGY MEDICINE=CAUSAL ACTION=REALITY SHIFT

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Figure 1a

HOLISTIC HEALTH QUESTIONNAIRE & SCORESHEET

Answer the questions in each section below and total your score. Each response will be a number from 0 to 5. Please refer to the frequency described within the parentheses (e.g. "2 to 3x/wk") when answering questions about and activity, e.g. "Do you maintain a healthy diet." However, when the question refers to an *attitude* or an *emotion* (most of the Mind and Spirit questions), e.g., "Do you have a sense of humor," then the response is more subjective, less exact, and you should refer to the terms describing the frequency, such as "often" or "daily," but not to the numbered frequencies in parentheses.

- 0 = Never or almost never (once a year or less)
- 1 = Seldom (2 to 12 times/year)
- 2 = Occasionally (2 to 4 times/month)
- 3 = Often (2 to 3 times/week)
- 4 = Regularly (4 to 6 times/week)
- 5 = Daily (every day)

BODY: Physical and Environmental Health

1. Do you maintain a healthy diet (low fat, low sugar, fresh fruits, grains and vegetables)? ____
2. Is your water intake adequate (at least ½ oz./lb. of body weight; 160 lbs. = 80 oz.; or 10 gm/450 gm of body weight)? ____
3. Are you within 20 percent of your ideal body weight? ____
4. Do you feel physically attractive? ____
5. Do you fall asleep easily and sleep soundly? ____
6. Do you awaken in the morning feeling well-rested? ____
7. Do you have more than enough energy to meet your daily responsibilities?

8. Are your five senses acute? ____
9. Do you take time to experience sensual pleasure? ____
10. Do you schedule regular massage or deep-tissue body work? ____

Figure 1b

11. Does your sexual relationship feel gratifying?
 12. Do you engage in regular physical workouts (lasting at least 20 minutes)?
 13. Do you have good endurance or aerobic capacity?
 14. Do you breathe abdominally for at least a few minutes?
 15. Do you maintain physically challenging goals?
 16. Are you physically strong?
 17. Do you do some stretching exercises?
 18. Are you free of chronic aches, pains, ailments, and diseases?
 19. Do you have regular effortless bowel movements?
 20. Do you understand the causes of your chronic physical problems?
 21. Are you free of any drug or alcohol dependency?
 22. Do you live and work in a healthy environment with respect to clean air, water, and indoor pollution?
 23. Do you feel energized or empowered by nature?
 24. Do you feel a strong connection with and appreciation for your body, your home, and your environment?
 25. Do you have an awareness of life-energy or *qi*?
- Total BODY Score =**

MIND: Mental and Emotional Health

1. Do you have specific goals in your personal and professional life?
2. Do you have the ability to concentrate for extended periods of time?
3. Do you use visualization or mental imagery to help you attain your goals or enhance your performance?
4. Do you believe it is possible to change?
5. Can you meet your financial needs and desires?
6. Is your outlook basically optimistic?
7. Do you give yourself more supportive messages than critical messages?
8. Does your job utilize all of your greatest talents?
9. Is your job enjoyable and fulfilling?
10. Are you willing to take risks or make mistakes in order to succeed?
11. Are you able to adjust beliefs and attitudes as a result of learning from painful experiences?
12. Do you have a sense of humor?
13. Do you maintain peace of mind and tranquillity?

Figure 1c

14. Are you free from a strong need for control or the need to be right? ____
 15. Are you able to fully experience (feel) your painful feelings such as fear, anger, sadness, and hopelessness? ____
 16. Are you aware of and able to safely express fear? ____
 17. Are you aware of and able to safely express anger? ____
 18. Are you aware of and able to safely express sadness or cry? ____
 19. Are you accepting of all your feelings? ____
 20. Do you engage in meditation, contemplation, or psychotherapy to better understand your feelings? ____
 21. Is your sleep free from disturbing dreams? ____
 22. Do you explore the symbolism and emotional content of your dreams? ____
 23. Do you take the time to let down and relax, or make time for activities that constitute the abandon or absorption of play? ____
 24. Do you experience feelings of exhilaration? ____
 25. Do you enjoy high self-esteem? ____
- Total MIND Score =

SPIRIT: Spiritual and Social Health

1. Do you actively commit time to your spiritual life? ____
2. Do you take time for prayer, meditation, or reflection? ____
3. Do you listen and act upon your intuition? ____
4. Are creative activities a part of your work or leisure time? ____
5. Do you take risks? ____
6. Do you have faith in a God, spirit guides, or angels? ____
7. Are you free from anger toward God? ____
8. Are you grateful for the blessings in your life? ____
9. Do you take walks, garden, or have contact with nature? ____
10. Are you able to let go of your attachment to specific outcomes and embrace uncertainty? ____
11. Do you observe a day of rest completely away from work, dedicated to nurturing yourself and your family? ____
12. Can you let go of self-interest in deciding the best course of action for a given situation? ____
13. Do you feel a sense of purpose? ____

Figure 1d

14. Do you make time to connect with young children, either your own or someone else's? ____
 15. Are playfulness and humor important to you in your daily life? ____
 16. Do you have the ability to forgive yourself and others? ____
 17. Have you demonstrated the willingness to commit to a marriage or comparable long-term relationship? ____
 18. Do you experience intimacy, besides sex, in your committed relationships? ____
 19. Do you confide in or speak openly with one or more close friends? ____
 20. Do you or did you feel close with your parents? ____
 21. If you have experienced the loss of a loved one, have you fully grieved that loss? ____
 22. Has your experience of pain enabled you to grow spiritually? ____
 23. Do you go out of your way or give your time to help others? ____
 24. Do you feel a sense of belonging to a group or community? ____
 25. Do you experience unconditional love? ____
- Total SPIRIT Score =** ____ *11/11*

Total BODY, MIND, SPIRIT Score = ____

HEALTH SCALE:

- 325 - 375 Optimal Health = THRIVING
275 - 324 Excellent Health *11/11*
225 - 274 Good Health
175 - 224 Fair Health
125 - 174 Below Average Health
75 - 124 Poor Health
Less than 75 Extremely Unhealthy = SURVIVING