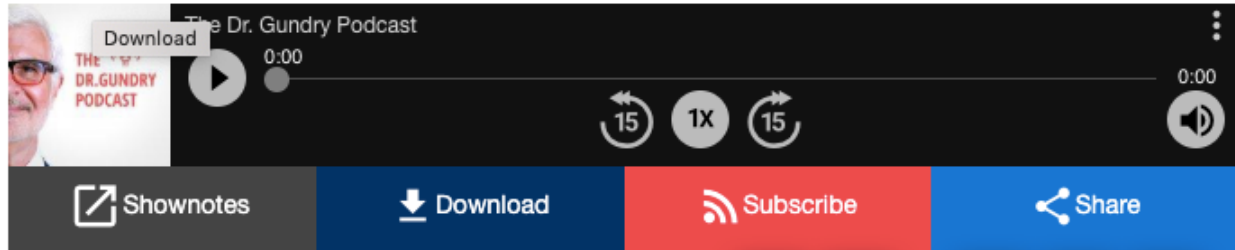




044: Scary needles, fake news, and electric frog face

by Dr. Steven Gundry | Jun 17, 2019 | 0 comments



When it comes to healing, most of us are willing to try whatever we can to make ourselves and our loved ones feel better.

And many of these non-traditional methods are VERY controversial — especially something called *energy healing*.

While these practices are often dismissed as New Age nonsense or merely as placebo, **Dr. Jill Blakeway** — my guest on today's episode — makes a compelling case that energy healing can actually *transform* the healing process.

Dr. Blakeway has a brand new book out called *Energy Medicine: The Science and Mystery of Healing* where she talks to practitioners, scientists, and patients about what's REALLY going on during an energy healing session.

If you're not already a believer in energy medicine, after hearing Dr. Blakeway address the skeptics, you may come away convinced yourself.

On this episode of the show, we'll also talk about the science behind energy medicine, about Dr. Blakeway's ample experience as a practitioner and recipient of energy healing, and about the steps YOU can take to practice energy healing yourself.

In this episode, you'll learn:

- **How you can harness the energy in your body to start feeling healthier (4:10)**
- The shocking truth about the connection between your brainwaves and the heartbeats of other people (5:30)
- **An energy healing technique capable of reversing disease in lab mice (17:40)**
- The story of the Japanese monk whose incredible healing technique helped one skeptic's son regain his eyesight (19:10)
- **How one young man used the power of his mind to regain feeling in his limbs and how you can use the same tools to help heal your OWN body (24:10)**
- Why energy healing and Western Medicine CAN complement one another (29:15)
- The ancient Chinese "digestive secret" to a healthy, body, mind, and spirit (33:30)
- **Dr. Blakeway's special "breath trick" for calming your nerves and de-stressing for a longer lifespan (35:00)**
- Why placebos are some of the most powerful medical tools available to us (39:45)
- How to spot an energy charlatan and find a reputable practitioner (42:10)
- Whether your location or DNA *really* affects what type of foods you can eat (47:00)

Link to coverage: <https://drgundry.com/jill-blakeway-interview/>