

VANCOUVER NATUROPATHIC CLINIC

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Pilot Study of the Energy Enhancement System

**Preliminary Results
Reported 22 March 2006**

Purpose: To document subjective data on patients' experiences in the Energy Enhancement System (EES).

Method: Participants experience a two-hour session in the EES and complete three short questionnaires about their physical, mental, and emotional health. The room that houses the EES computers is equipped with a massage chair and a "zero-gravity" recliner; participants may choose either or try both during their session. Although there is no sound system (i.e., for music) in the room, participants may select background sounds such as ocean waves, rainfall, from a small electronic unit in the room.

Questionnaire #1 is completed immediately before the session; Questionnaire #2 (with identical questions) is completed 2-3 days after the session. In addition, participants complete a short evaluation form immediately after the session. All materials are included here for reference.

Sample: Participants for the pilot study include existing patients of the Vancouver Naturopathic Clinic (VNC), as well as other individuals who responded to advertisements or were referred by a friend. Participants all volunteered and were not selected based on any pre-existing conditions or other criteria. Any individuals who were not existing patients of the clinic were asked to complete a medical history questionnaire and their blood pressure, pulse, and SpO₂ were measured and recorded prior to their first session in the EES.

To date, 90 people have completed their first 2-hour session. Of these, 43 were existing patients of the clinic. Participants range in age from 22 to 87; average age is 46 and median age is 46. 58 participants are female and 32 are male.

Results: Of the 90 participants, 37 have returned their full set of surveys. While all the statistics have not yet been calculated, some general trends have emerged:

Initial Impressions: Upon exiting the EES, most people report feelings of deep relaxation and calmness. Some have reported a "spacey" feeling, as though they have come out of a deep sleep. Those who sleep during the session usually report that they wake feeling very refreshed. Many participants, regardless of whether or not they slept for any portion of the session, reported feeling that the two hours felt much shorter.

Some comments from the evaluation forms include:
"...lightness in the body; floating sensation."

“There was a sense of mood elevation. If I had been more depressed, I think this would have felt more pronounced.”

“...a feeling of being very relaxed as in a deep meditation but still lucid. There was a hopeful sensation without a specific goal in mind.”

“Some little involuntary muscle movements, one big blast that felt like joy – all good.”

Subjective Changes in Physical Symptoms: Most participants reported some change. Typically, they either experienced immediate relief of unpleasant symptoms or a temporary aggravation of their condition, possibly indicating a healing crisis or detoxification reaction.

Two patients with acute pain had very different reactions: one 51-year-old woman experienced worse shoulder pain for one day after the session followed by a significant improvement, while one 51-year-old man had immediate relief from a painful elbow followed by a worsening of the pain after three days.

A mother and daughter who experienced the system together likewise had opposite reactions. The mother, aged 57, had a very positive immediate reaction, followed by an improvement in her sleep patterns, concentration, and mental clarity. Her 34-year-old daughter reported the disappearance of her headache and a “balanced” feeling immediately after the session, but her follow-up questionnaire reads, “Was extremely sick! Felt completely out of it. Cold, shaky, cold sweats, dizziness and very tired. Lost 4 lbs in 24 hrs after [the session. Was very emotional, dreaming of past traumas in a non-confrontational manner. Accepting past peacefully.”

One woman wrote on her follow-up questionnaire, “The day of my first session, I had just started my period. I always have bad pain and require strong meds to deal with that. I didn’t have almost any pain during that period (my pain on a scale of 1 to 10 would usually be a 7-8; this period was a 1-2.)”

Blood Pressure: All participants have their vital signs taken and recorded prior to their first session. For patients with an initial high blood pressure reading, a second reading is taken at the end of the two hours for comparison. Although small changes in BP have been observed, the EES does not seem to have a significant effect.

Subjective Mental, Emotional, and Spiritual Changes: Many of the study participants are experienced meditators and report that the EES enhances their meditation by taking them into a deeper state more quickly than they would normally achieve. Some comments include:

“Had some creative ideas emerge from somewhere.”

“Positive energy given, felt/told things of what I need to do.”

“Sense of increased optimism, less anxiety, hopefulness.”

“I prayed and it was unhurried and deeper than I usually do given time/space.”

“I have dreamt vividly since the session.”

“In general, I enjoyed myself and my family the day after than the previous 4 days before my session.”

“I notice colours more – everything seems crystal clear visually.”

“I feel more alert and positive. Feel desire to make changes I’ve ‘thought’ about doing (i.e., journaling, changing thought patterns).”

“My six-month-old daughter had a good time in here. She was happier than usual and had a nice long nap.”

“I feel more connected to my friends and children.”