

# Holistic Healing: Energy is the Medicine

**M**elissa Mintz says she did not grow up thinking, “One day I would like to channel energy through my hands.” She was always drawn to healing as a child, but in her mind, this inner calling meant medical school.

Melissa finished her pre-med studies at Ohio State and transferred to a small private college, where she received a bachelor of science in nuclear medicine. After many years of school, studying and working in the hospital setting, she realized that medical school no longer felt right and decided to pursue another career in the medical field.



Then, one hot, sunny summer day in June 2003, she went to a bookstore that she had been to on many occasions. As she entered, there was a woman at the door waiting for her, who efficiently pulled out a book on the shelf. “This is a book called, ‘The Reconnection’ by Dr. Eric Pearl,” the woman said as she placed the book in Melissa’s hands. One synchronistic event after another seemed to catapult her into this modality of healing work. (Who was this woman? Learn more in Melissa’s new book “Excuse Me! Your Energy Is Showing”) In November 2003, Melissa completed training under the world-renowned healer Dr. Pearl, and became a certified Reconnective Healing practitioner.

## Energy Medicine vs. Conventional Treatment

Energy medicine is a healing treatment that works holistically on the mind, body and spirit. Powerful healing vibrations are transmitted through the hands of the practitioner (acting as a conduit) to

the body of the client to accelerate natural healing. Energy medicine is a pain-free and non-invasive healing modality.

## What to Expect

During a session, clients lie on their back (fully clothed) on a padded massage table, and close their eyes, relax and pay attention to whatever comes into their awareness.

Because Reconnective Healing is a “hands-off” energy healing technique, there is no touching during the session. At the start of the session, Melissa channels this energy through her hands and interacts with the client’s energy field. “I do not direct the energy for a specific outcome. These powerful healing frequencies work with the body’s own innate intelligence for the appropriate healing for each individual to take place,” Melissa said.

## Feel It Working

Clients will feel this energy at work; some describe physical sensations like heat, tingling, stomach gurgling, seeing colors, and feel a wave of energy. This energy is extremely relaxing and often described as feeling like “a week at the spa.”

## The Energy is the Medicine

The concept of healing with energy isn’t new in conventional medicine. Orthopedic doctors use bone growth stimulators successfully on broken bones that haven’t fully healed after several months. The low-frequency electrical current stimulates the bone and blood vessels around the bone to initiate healing.

This type of healing is similar to an energy medicine healing session: Melissa introduces a frequency to assist in healing, just as the bone growth stimulator uses a frequency to heal. More and more hospitals and clinics are using energy healing sessions for pain relief and to accelerate the healing process. These healing sessions can be used alone or combined with traditional medical treatments.



PHOTOS BY J. KING IMAGES

An advantage unique to this type of treatment is that distance doesn’t matter: a client doesn’t have to be in the same room — or even the same state — to take part in a healing session. Melissa is able to facilitate distance healings just as easily, making it especially easy for someone who is too sick to travel.

A convenient location in Woodstock is available for local residents. The ground floor office — easily accessible for clients in wheelchairs — has two session rooms and a comfortable reception area. To take advantage of the current new client special visit [www.melissamintz.com](http://www.melissamintz.com) to learn more or call 770-927-7511.

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Melissa is the author of “It’s Just MY Nonsense” and “Excuse Me! Your Energy is Showing.” She is a featured guest speaker on radio shows that reach listeners worldwide.