

Women's Health and Vitality

A Teleseminar Session with
Donna Eden
and Ruth Buczynski, PhD

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A complete transcript of a Teleseminar Session
featuring Donna Eden and conducted by Dr. Ruth Buczynski, PhD of NICABM

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Ruth: Hello everyone, I want to welcome you to this call tonight. We have got *such* an exciting agenda planned. But first let me just say hello to everyone - no matter what time zone you are calling from; I know that people make a special effort to be part of this call and we have people that are up in the middle of the night, and early in the morning, and very late at night in Europe - and we appreciate the effort that *everyone* takes to get our global community of practitioners together here.

Today I am welcoming Donna Eden. I think many of you already *know* of her work because she has held hundreds of health workshops literally throughout the world, and they have been attended by fifty thousand participants - so I am sure that some of those are *you* all, on the phone.

But also I wanted to mention that Donna is the author of *Energy Medicine for Women*. And *that* is what we are going to focus on today, in keeping with our series for practitioners on women and health.

So, Donna, welcome to the call - and thanks for being part of it!

Donna: Thank you! I'm really glad to be here!

Ruth: Great! Let's start by talking about - you have noted in one of your books, it was an interesting quote, that women's bodies evolved for a world that kept us "barefoot, pregnant and then dead before ever reaching menopause" - something like that!

Of course we have evolved *since* then, from such a narrow purpose - but our bodies perhaps not so much have caught up to the changes that no longer take place back in the day. And I would like you to just sort of tell us a little bit more about what your thoughts are about that.

Why Women's Bodies Need To Evolve

Donna: Yes, well, you know we are living in a world that evolution *never* anticipated. I mean, it probably took us two million years or so to evolve to this stage.

But the last one hundred years, so many unnatural chemicals, and pollutants, and energies, electromagnetic energies that are manmade, are forcing our bodies to try and figure out what we can adapt to, and what we can't. And in the last fifty years or so, we are now dealing with hormone replacement - unnatural things that we take for our bodies.

There are so many unnatural things in the world we live in, and we don't *have* another million years to get it together in. We have got to help our bodies to adapt - or throw it off!

And there *are* those systems in our body that already know how to do this. There is an energy called Triple Warmer that governs not only the adrenals; it also governs and orchestrates the balance of hormones. It is not the energy that deals with each of the separate hormones, but it orchestrates the balance of them all.

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Triple Warmer is probably one of the great success stories of all times! But its strategies haven't changed in at least a million years, because it helped us survive as a species. And having *babies* helped us survive, so that we would go on.

Triple Warmer also govern survival habits; and whatever program or planning our bodies have had over all this time is ingrained in us deeply; sort of set like on a thermostat or something.

Now we are *choosing* whether we are having babies; the moment that we conceive, or the moment that we are ready to conceive - we are *choosing* and putting off having babies. And so many women are now going to reproductive clinics to get pregnant because their bodies are not able to conceive when *they* want them to.

So I think that we really *must* help our bodies be healthier and stronger hormonally for a longer and longer period of time, and know how to either adapt or throw off like the estrogens, the false estrogens that are in our *environment* now - which are so many that science is identifying that are also interfering with our natural hormones.

I want to say one more thing and drop back to what I was saying about Triple Warmer governs the adrenals. Well, the truth is, our adrenals are *meant* to produce estrogen *long* after menopause - but if our adrenals are being used up for the flight or fight response, for having to fight all of these unnatural energies, then our adrenals are no longer making estrogen.

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Ruth: So they are kind of worn out?

Donna: Yes. So it is *really* important to teach our bodies how to deal with this changing world we are living in.

Ruth: So you are kind of implying that the adrenal hormones are kind of worn out, or the adrenal glands, from overreaction and so forth?

Donna: Yes, overreaction. Because Triple Warmer, again, it evolved to help us survive in the world - but the world we evolved for no longer exists! I mean, now everything is unnatural - so it is fighting *everything*.

If our environment is unnatural, Triple Warmer does not know whether it is safe or not. Again, it has to decide that fairly quickly, and that is why more women than men get autoimmune illnesses - and I think it is because we have such *changing* hormones; I mean, while you are still able to have babies, it is every month those hormones are changing rapidly.

If it is also having to deal with everything that is unnatural around us, often Triple Warmer will choose getting rid of stress buildup in our body rather than helping our body deal with our hormones. Did that make sense?

Ruth: It does. I would like to go back to just define Triple Warmer a little bit more, so that we can understand the Triple Warmer concept.

Donna: Sure. Triple Warmer is two things: it is both a Meridian and it is an energy system called the Radiant Circuits. In different cultures it may be called Strange Flows - different cultures have called it different things.

But as a meridian - meridians are the pathways that all the acupuncture points are on - and as a meridian, it has the capacity and ability to take energy from *anywhere* it wants in our entire bodies, to handle stress - except for the heart. It won't take energy from the heart.

"Triple Warmer is two things: it is both a Meridian and it is an energy system called the Radiant Circuits."

In many systems of acupuncture this is really dealt with very strongly because so very often, if Triple Warmer is saying we have got too much stress in our bodies, and we were meant to either fight or flee - you know, fight, beat it up, or run away; fight or flee - and we don't do that in the world we live in today, we *can't* run away and we can't beat up anybody or we are going to go to jail!

We keep getting this stress buildup, building up more, and more, and more in our bodies.

When something comes along that *shouldn't* be a stress, shouldn't be so big, Triple Warmer can't handle it - so we start getting autoimmune illnesses. Or we get such fatigue, because our adrenals are always on the alert to handle these stresses - and, again, we do not run away and we do not beat anybody up, so stresses accumulate.

That is a real taxing thing on our adrenals *and* our thyroids. Women start getting thyroid problems the older they get because the thyroid has a lot to do with how we metabolize things - and Triple Warmer governs that as well.

If you can't metabolize and break down these things which are unnatural for our bodies, pretty soon you can't break down things that you *should* be able to break down, and metabolism starts being a problem.

So that is why I say we *really must* participate with our own healing energies to help our bodies learn to adapt.

And what I can tell you in thirty-five years of doing this work, and having a private practice, and teaching to people from *all* over the world, what I have gotten to witness is people's bodies learning to adapt; come up out of autoimmune illnesses, teach their bodies to be more able to... say somebody comes to me who can't have a baby because their body simply can't conceive - get their body stronger, and their hormones stronger, and their vitality, and health, so that you are more in harmony with your body.

"If you can't metabolize and break down these things which are unnatural for our bodies, pretty soon you can't break down things that you *should* be able to break down, and metabolism starts being a problem."

Then *many, many, many* times I have had people be able to conceive at a much later age, and in a health way, so that they could have a body in a very whole and healthy way.

Let's see, ask me any questions if I skipped anything.

Ruth: Okay, well you had said you would circle back and talk more about the adrenals.

Donna: Yes. So, again, the adrenals are on alert all the time. They are on alert to handle all the stresses - whether it be that your computer has just said that you have committed a fatal error and everything's going to crash...

"...last year it is a fact that 110,000 died of taking medicines evidently, supposedly as they were supposed to!"

We can't really run away or beat the computer up! But our adrenals turn on in that same way of, "Oh my God!" - it is just another thing. Or if we are out in traffic and somebody is cutting us off, your adrenals turn on.

If suddenly your children are screaming and you have already put in a day, and you are *exhausted*, you might find yourself yelling back at your kids when you didn't want to. I mean, *all* of these things are what we are dealing with in the modern world.

And I know there are so many *wonderful* things about Western medicine and modern medicine that are saving people's lives, but sometimes people are getting reactions to medicines they are taking, side effects, or just so many things. I mean, last year it is a fact that 110,000 died of taking medicines evidently, supposedly as they were supposed to!

So we need to have a way to work *with* medicine, work *with* modern medicine, so that our bodies can deal with even pharmaceutical medicines. We need ways to make our bodies stronger.

And some people get a little bit alarmed thinking that this couldn't be right - what I call "Energy Medicine" - but it is just the science of Einstein; it *is* science! It is just that Western medicine went a different route after Einstein won the big prize and was saying that energy is all there is, and that we weren't even solid; we are a latticework of force fields.

"...Einstein won the big prize and was saying that energy is all there is, and that we weren't even solid; we are a latticework of force fields."

And I see, by the way, I see Western medicine moving more and more into quantum physics and things that are energy medicine. And I see the next hundred years as *real* shifts in *all* kinds of medicine because we are seeing that energy itself is a very powerful and important approach to health and wellbeing.

And it is probably the oldest, safety, most organic and most *accessible* medicine there is, with no side effects! So the more we can teach our bodies to be able to work *naturally*; to work *naturally* with our energy systems, the better. And more cultures than not work with energy in this world. It *is* the medicine that got me well - and that is how I got into it in the first place.

Ruth: Okay. Let's talk about some things that are unique to women, starting with menstruation - that time, that monthly time, that for many people (I am a little beyond that!) but for many people (I didn't mean I have evolved to be enlightened - I mean I am just older than that!) but for many women that is a time they almost dread. You have got some interesting thoughts about that that you have written. Can you go ahead and take off on that?

How to Create a Daily Routine that Integrates Mind, Body and Spirit

Donna: Okay! Yes, first of all, I mean, I have had to learn so much of my own work by myself being the guinea pig, because I don't know *anybody* who had a more difficult time with PMS. I *really* had these monthly cycles - "the hormonal hell" as I called it!

I mean, in the last ten years I didn't just have the five days that most women have - I had *two weeks* that I *really* had to learn how to deal with. And it wasn't easy. And there was nothing out there that could help me at the time (because I also am beyond menopause at this time) but I was terrified as PMS approached each month - and so were those who loved me because I was no longer myself, and I did not know how to control it or deal with it.

"I came to realize how individual we all are, and that our energy really *is* as unique as a thumbprint - so you need to learn your *own*."

The things that were in health food stores at the time only made me worse. And that is partly when I came to realize how individual we all are, and that our energy really *is* as unique as a thumbprint - so you need to learn your *own*.

I learned certain things. First of all, I learned how to help my body as I approached PMS, because I *know*, I *believe* that we evolved in a world where women were able to listen to their bodies better. As that time came each month, if you got more and more emotional, or if your back began to hurt, or your legs began to feel weak, you would *know* what to do for yourself.

And people found it natural, so they would... in many, many cultures around the world, women had "moon huts." And in the sixties and seventies, early eighties, I remember when I wanted a moon hut of my own, believe me! It was not a popular thing to say because people thought, well, women were put into a moon hut to separate them from other people because they were just too hard to deal with.

But the truth is, this is a powerful time for women; that if you are allowed to be on your own rhythm, you will find yourself more psychic, more intuitive; you will suddenly be able to - I mean, many, many women have told me that they have been able to channel information in that they didn't know where it came from.

And my sweet husband built me a moon hut, to be able to take at least several days where I could be *alone*, because I really did move into a time away from the natural... the world that I lived in normally. If I paid attention to that, it was an extraordinary time, where I could get... it was like being in tune with my own rhythm.

"...if you are allowed to be on your own rhythm, you will find yourself more psychic, more intuitive; you will suddenly be able to... channel information in that they didn't know where it came from."

Having lived for a time in Fiji and seeing that all women in their seventies had moon huts, and that they were valued and respected - and to see what a wonderful thing it is, and that, yes, other women *and* men took their children for about five days of the week; and women got time off, leave, and paid if they worked - they got to be paid for that time because the society realized that it was *such* an important time to be able to get into women's power at that time of the month.

They also learned the things that helped them take away the pain in their body, and to find a balance with their hormones. For me, I will just say that I have found that, once I left PMS time, I in some ways felt a real *grieving* for it, an amazing grieving!

Because I was yanked off the “cultures timeframe” and went into my natural rhythm. And it was like a truth serum, or taking... you know, at another time people often took drugs, drug-enhancing things so that they could drop into these spaces that you couldn't *get* to at other times. Well, I found every month that PMS did that for me - and I came back with answers, and just knowing myself better, knowing myself better afterwards.

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I definitely advocate that; if people can have some time to themselves - and if they don't have to work, the better. But my book *Energy Medicine for Women*, I wrote it for people who *have* to live in this world, have to work, have to be out there. There are tools and techniques that people can use to make themselves feel better, and be able to adjust, and make it feel more rhythmic and natural at that time of the month.

Ruth: Okay. Can you tell us what some of them are?

Energy Medicine for Women: How to Improve the Body's Natural Ability to Heal

Donna: Oh, yes! One of the things is our liver. I don't know if... I am just going to put this out - many women find that their body tends to “sink” deep; like their legs get heavy; maybe they even feel pain around their groin, and it feels too heavy to be on their legs; or maybe they even find that before their period comes, they even have a time where they just want to cleanse their house! More women than not tell me that; that suddenly they just want to clean their house!

Well, all of that - whether it is cleaning your body or cleaning your house - that is liver meridian and it is the liver organ. So in my book I give you things that you can do to help your liver function better, because your liver has to process and metabolize all your hormones. It has to process and metabolize all your hormones.

If your liver also is trying to process all of the unnatural chemicals that your body has taken in, then I give you tools to sedate, which means to let your body calm down and move the energy through the liver faster.

“...I give you things that you can do to help your liver function better, because your liver has to process and metabolize all your hormones.”

It really, really works. You suddenly find that you are just *fine* again! I will tell you some simple things, okay? Even like if you put one hand on top of the inside of the fingers of your other hand and bend your hand backwards; bend your fingers backward so that your hand feels a stretch on the inside of your forearm.

You just pull it, bend it backwards. You are literally - anything dealing with ligaments deals with your liver as well - so you are opening the ligaments and stretching the ligaments. That alone is good for your hormones and for your liver.

That sounds so simple - but I start often with very simple things. If you come down to the inside of your big toe, the inside of your big toe, and just massage up the inside of your big toe, and notice if you have any tenderness. And when you go up you can continue up to the top of your foot and notice does that hurt? If that hurts, it simply means you need to clear that area because that is liver meridian. And you can clear that, and your liver organ will actually function better.

"...bend your hand backwards; bend your fingers backward so that your hand feels a stretch... so you are opening the ligaments and stretching the ligaments."

There are other things; kidney meridian and spleen meridian also need to be just cleared and open. Spleen meridian governs just your natural hormone balance - just how it can metabolize and help you have your spirits and emotions good at that time. Whether it be for PMS or menopause, by the way, you want spleen meridians to be strong.

Here is another reason: Triple Warmer, what I spoke of before, has the ability to take energy from all the other meridians in the body except for the heart. If you want your *heart* to stay very, very strong, keep spleen meridian strong because *it* feeds the heart meridian.

"If you want your *heart* to stay very, very strong, keep spleen meridian strong because *it* feeds the heart meridian."

There are more heart attacks at 9 o'clock in the morning than at any other time of the day - and that is because that is when spleen meridian is meant to be strong. And energy is fed into our body, like time zones, every two hours - and spleen meridian can feed the heart and can help the body metabolize hormones better between 9 and 11 in the morning than any other time. But if you strengthen that field...

Ruth: But why would that make you have more heart attacks, then, at that time?

Donna: Oh, thank you for asking! Because the spleen feeds the heart. That is the first place spleen feeds. So heart energy comes in between 11 and 1 - 11 a.m. until 1 p.m. every day. And if it is strong at that time, then it can stay strong throughout the next twenty-four hours. I mean, we live on a twenty-four-hour clock; it is not just the clock that is in nature, and in our atmosphere, and in the world, and in the sun and the moon - we also have a twenty-four-hour clock inside our bodies.

So heart energy comes in between 11 a.m. and 1 p.m. Well, spleen meridian comes in between 9 and 11. And what it feeds is the heart; it sends the energy up into the heart and into that meridian. If you want to have a very strong heart, keep spleen meridian strong - as well as, certainly, the heart; but the heart can't get the energy to *be* strong if spleen doesn't feed that energy into it.

I try to explain all this in both *Energy Medicine* and *Energy Medicine for Women* - but that is an ancient knowledge, an ancient system that goes back through the acupuncture system,

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through many, many cultures - more cultures than not in this world use that system to keep people healthy and keep women's hormones strong.

Ruth: Now we were talking about menstruation. Let's continue our little tour of what women uniquely experience - and talk about menopause, and how you see that and what you have learned about that.

Menopause: A Natural Change

Donna: Okay! Well, I had to learn also about menopause on my own body; you know, as like I went through things myself, I had to figure them out! But a good fifteen years before I went through menopause myself, women were coming to *me* and I learned on their bodies what worked and what didn't work.

"Triple Warmer governs the orchestration of all the meridians that deal with the hormones."

Triple Warmer governs the orchestration of all the meridians that deal with the hormones. And then the liver has to metabolize and break down the hormones as we shift and we change.

Then the spleen meridian tends to get *very* weak as we get older because we have *had* too many stresses in our body, we *haven't* learned how to move them out naturally. And that is what energy medicine teaches the body to do; to move out all the stress built up in the body. And when you move it out, spleen can get stronger again.

Then kidneys is another really important one - that your kidneys have to process all of the stresses that go through the body, and the kidneys get overtaxed. So if *especially* you work with those, your body can learn to go through menopause easier.

What I found out, because I learned so much on PMS, that I learned, again, on my own body and other women's bodies about menopause, and that I really - it wasn't *me*, it was the energy medicine that knows how to do this already; how to teach women how to go through it in do it in a hormonal balance.

So that, yes, you will feel things that are going to be different in you, and that may be uncomfortable - but to know what to *do* when those times come is like a Godsend!

I think it is *so* important for everybody - but certainly women - in this world to learn how to move their energy; shift their energies when they are feeling uncomfortable. Or how to come into... to move negative thoughts or that sense of "deadness" that a lot of women would tell me about where they even lose, *many* women lose a sense of even feeling for a time.

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If you can shift those energies so that you can pull in an energy that feels good, or balanced, or even get vitality and aliveness, it *really* is so very helpful. And many women I have found that, yes, many women will go on bioidentical hormones which might be perfect for them, but for many of them, like myself, I couldn't - it didn't feel *good* in my body.

Or other women have found that they can take bioidentical hormones, but maybe they can take a much less amount - then it becomes almost a homeopathic energy. Because if you take much less... I worked

on a lot of nurses who would then be able to go and test themselves at the hospital afterwards, and so they could really give me feedback about what was working.

Again, it is different for all women - but if you find that you can take a small amount - I have had nurses really being able to test these things; like test their hormone balancer before and after doing these things, test them afterwards.

“Some women could *reactivate* their hormones with this sort of homeopathic dose. And many, many times in their adrenals, the estrogen would start to kick in again.”

Other people maybe in the hospital they would send their hormones off for analysis. But nurses I felt were the best to do these tests with because they could do it quickly - and I even went to the hospital a few times so that we could test before and after what had happened to their hormones.

Some women could *reactivate* their hormones with this sort of homeopathic dose, and make their own hormones. And many, many times in their adrenals, the estrogen would start to kick in again.

So there are different methods for different women, but if you start with energy medicine or energy testing of the hormones, it just seems like the most *natural* way, and the most empowering - because *you* are in charge of your own health.

It is a good thing! You know, there are many, many, many doctors now who want to sort of partner with women to help them find what is the best way. And so it is a very exciting time, I think, to work with energies, and hormones, and with Western medicine, and Eastern medicine, and all the different types of medicine!

Because there is wisdom that has come down through the ages for thousands of years, that women's bodies already know. And nobody can know your body like you can know your body.

And I think we are in an exciting time; I think medicine is changing, and Western medicine is changing to incorporate the brilliance of women's bodies and also what comes out of other parts of the world. So I think it's very exciting!

I know it is possible to find our own natural rhythms and cycles while going through menopause, instead of fighting them. And I know we live in a world where it is very hard to be in our natural rhythms.

“...Western medicine is changing to incorporate the brilliance of women's bodies and also what comes out of other parts of the world.”

One *nice* thing about getting older is that often we can at least call some of our own shots, of taking our own time and finding that way to learn our own natural rhythms. And if we do, we enter the world of the “crone” which I think is an exciting time of feeling... you know more of your own wisdom; you can feel more whole, you can feel more assertive - and I tend to *like* it! I *like* my age now!

I think this is my favorite age I have ever been in! And that is a *nice* thing to be able to say!

Ruth: Tell us more - what feels “favorite” about it to you?

Dancing with Hormones: An Alternative Approach

Donna: Oh, I like owning who I am; you know, I really like not being afraid of aging; I like feeling assertive. My body *has* found its rhythm now - and that doesn't mean there aren't times that things don't go wrong, but I like knowing that *I* know what to do for my own body, and I do not rely on pharmaceutical medicines, or hormones - *I like* that!

I take a little what I would call my "first aid kit" when I travel around the world - and that first aid kit *is* I take with me (I don't take it all the time) but I take with me as a first aid kit a little tiny amount of bioidentical hormones. And like I just came back from like about five weeks gone, and I didn't use it at all.

"I do not rely on pharmaceutical medicines, or hormones - *I like* that!"

But if I see that I am handling lots and lots of stresses, and maybe I feel like I'm just a little off and I've got to rush into another class, I can put like a *pinprick* on the inside of my wrist of natural progesterone, which is what it would tend to be - and wow! I'm good to go! It's like, "Wow!"

It absorbs in my body; my body now knows how to absorb it quickly because it has learned that this is "friendly something" that I am giving and not something unnatural - the body doesn't want to absorb it if it is unnatural to you.

For the most part it is all energy; I do a five-minute routine once or twice a day. Sometimes I will skip a few days because my body is just sailing along. But I know that my body tends to *love* stretch - and so I stretch it! And it might be for sixty seconds' worth - and that's it!

Sometimes it likes to be stronger, so I like to pick up some weights if I am going to watch the news on television, I will do my weights then.

I have a very fast schedule, but I can *tell*, I can *tell* when my body says, "Alright, you're going too fast!" and I have learned to just sit down and just do one of the energy exercises at that time.

I tend to scramble; my brain tends to go into kind of like a scramble, like - I don't know how to explain that, except that suddenly I *know* I am not in rhythm. So I can sit down for sixty seconds, get my brain unscrambled; my brain will come out of the fog and I am sharp again, I am clear again, I have vitality again.

Ruth: That is one heck of a stretch!

Donna: That is one heck of a stretch, yes! That is how quick your body learns... That is what I mean by evolving; my body is much more adaptable, can move out of whatever I was in faster than it could thirty years ago. And that is I think what we all would like, is to be able to have our bodies just listening to us and doing what we want it to do - and it will!

"I am a real proponent to just taking charge of your own life."

I am a real proponent to just taking charge of your own life. And if you don't know - most people were not taught how to listen to their bodies, or what it is saying - and how do you pay attention, because you don't *know* what it is saying?

That is what energy medicine can teach people. It can teach them really *quick* how to... things that are natural; whether it is energy medicine - and I see acupuncture as an energy medicine, I see yoga as an energy medicine, I see Reiki as a type of energy medicine.

What you want is to find the energy medicine that you can learn yourself, to apply to yourself, so that you will know when you need to see a doctor or a practitioner of energy medicine or acupuncture, to be able to learn something to do for yourself.

"What you want is to find the energy medicine that you can learn yourself, to apply to yourself..."

Because our bodies *want* to heal us. They *want* to! We have just gotten out of rhythm with our own cycles.

You know, here I am; I am going to be sixty-eight next month...

Ruth: Wow! Happy birthday!

Donna: Thank you! But the point is, our bodies, if you are in your natural rhythm, there isn't a fear of getting older because you will stay strong, and you will stay rhythmic, and you can hear what your body is saying to you - and you can pay attention and do it.

So I am a little bit of a - what is the word? - an evangelist of energy medicine! Because I have seen it work; I got myself well. I was very sick - not expected to live, over thirty years ago - and I have often thought one of the best things that ever happened to me is that Western medicine gave up on me, and I had to figure something out on my own body, how to heal.

And I didn't walk for almost two years, with multiple sclerosis. And, you know, I didn't have energy, I didn't have vitality. My hormones were crazed! And all I did was step into what I think our ancient ancestors thought; or the women in our past already knew how to do - is they knew how to get their bodies back into rhythm, and how to move energy when it was stuck in our bodies.

If you have pain, it is simply energy that is stuck. It is stuck! So you can learn how to move that energy out of those stuck places.

So I *love* teaching energy medicine! And if I had my way, I would have women all over the world - men too! - know how to work with their own energies. And, again, that does not mean that there aren't times when you will want to have somebody outside of yourself help you because sometimes we don't quite know how to see; we are stuck again. But you can always re-stick.

"If you have pain, it is simply energy that is stuck."

And I hope that one day medical schools will be teaching this. I know that many, many hospitals have this in their hospitals now because they have been able to see how much it helps. Like Andy Anderson in Florida - that branch of Andy Anderson Cancer facility now has a whole department that is Energy Medicine...

Ruth: Really?

Donna: Yes - because they have been able to see that women going through chemotherapy - so they are using it in conjunction - so if women are going through chemotherapy for breast cancer or something, if

they do some of these tools at that same time, women don't have nausea, and a *huge* majority do not lose their hair!

"...if they do some of these tools at that same time, women don't have nausea, and a *huge* majority do not lose their hair!"

There is a lot of research coming out now that is very exciting. And there will only be more and more research so that more and more women can be empowered.

I have many women, by the way, who have become teachers of energy medicine simply because they were patients at some hospital or another where they found that they could *feel* good again, and some practitioner could... or, you know, I just had some people tell me that the doctor at their hospital would energy-test the pharmaceutical medicine to find out if that was right for them.

So it is just natural to walk hand-in-hand with Western medicine as we go more and more into this century.

Ruth: We have talked about menstruation, and we have talked about menopause. I think we should spend a little bit of time talking about women's sexuality.

Donna: Alright!

Ruth: How do you view sexuality? And also what we know, what have we learned? We have gone through so many stages - of sort of a prudish approach, to a free love approach, and AIDS, and herpes and so forth - what are your thoughts on women, and sexuality and...?

Menstruation, Menopause and In-Between: How to Target Energy Medicine Techniques for each Stage of Life

Donna: First of all I can tell you that women, as they get older, if they can find their bodies' rhythm again - the adrenals can produce estrogen for the *rest of your life* if you get the adrenals healthy - then women stay sexual all their lives.

One of the fun things is that often there is a dip when they go through menopause; that is the last thing they want. And I have come to think that maybe that is natural; that there is not something wrong there - that the body is going through a *huge* hormonal shift; and the priority is to get you shifted and to get you healthy again.

After menopause, if you can find your balance, women can be very sexual again. And I have had many, many women tell me that that is another good reason to just do that five-minute routine of keeping their bodies balanced hormonally and energetically.

But I also want to say I do think that we are going into maybe the "middle ground," somewhere between free love and being prudish, because our bodies have a wisdom - well, partially it is wisdom, partially it is that we haven't evolved past it.

"...the adrenals can produce estrogen for the *rest of your life*...then women stay sexual all their lives."

Women do have to consciously choose, and be smart, and keep their bodies very healthy because we do take *men* inside our bodies. And we are finding that women take in disease easier than men, through sex. And so it is really *important* to choose wisely.

I am going to be watching some women that I worked with not that long ago - young women - who were angry about not having the freedoms that men have. And so we all need to be very, very educated - but one of the things, because these women were *not* going to abstain from sex, period, they weren't - what to do about that?

"Women do have to consciously choose, and be smart, and keep their bodies very healthy because we do take *men* inside our bodies."

I want to hear from them *all* because the promise was that they would be tested for some of the diseases they can carry, even if it is dormant, that could flare up at a later time in their life when they are *not* so healthy, or when their immune system goes down - and how to watch it.

So we are experimenting with can they energetically... well, for one thing, I will just tell you, if they are going to be having sex with more than one person, how to sort of clean the energy systems in their body afterwards so that they can be very, very... so that they can stay healthy, and balanced, and strong.

But it is a *very* strong question that you have asked because we don't know all the answers of what might happen. I think that men have got to take responsibility for their own cleanliness, and their health, and their vitality, and all of that because women and men do come together.

I still believe, that one of the strongest ways is for us all to know how to move the energies that may be unhealthy out of our bodies. I have had *enough* experience now with women able to do that, who have even carried... I am trying to think the name of the... that gives women ovarian cancer; I can't remember the name of the thing that they get from... sexually-transmitted... but anyway, it is the thing that women carry inside of them that can flare up into ovarian cancer.

I have had some experience now (not a lot, but some experience) of them being able to get that out of their bodies by just flushing the meridians, and also from energy-testing some *natural* substances that they might be able to take to help that out. And it did *happen*.

I just think it is the way of the future, to start working in accord with our own bodies, with what our bodies know how to do. I think that probably for millions of years women have had the same problems of sharing some of the illnesses of sexually-transmitted diseases - and our bodies knew how to flush things out.

"...we can help flush [sexually-transmitted diseases] out of our bodies."

For instance, it is a known fact that our bodies make cancers all the time - but our natural bodies will flush them out of our bodies and they won't take hold. Well, I think it is the same way with sexually-transmitted diseases; we can help that flush out of our bodies - but we have to learn how.

Ruth: Just before we close, I would like to talk about aging a little bit. From a views perspective, society has a way of devaluing older people, especially, I think, older women because women are valued for their beauty; and men, because their valuing is different, they are more appreciated as they age - although even there I think there is some amount of devaluing of a man as he ages.

But also I would like to hear your thoughts on what people can do to stay healthy and vital. You were talking earlier about - I think you said you were turning sixty-eight next month...

Donna: Yes.

Ruth: You know, you sure don't look *anywhere* close to that, and nor do you *act* anywhere close to that. What are your thoughts on how people can age with vitality, and vigor, and enthusiasm?

How people can age with vitality, and vigor, and enthusiasm

Donna: Thank you. You know, I am *passionate* about teaching to women as they get older - and men, too. It is like we have a concept in our culture especially, about losing our value as we get older! And I am not feeling that at *all* any more! I think I did when I was turning, I don't know, maybe thirty-five! Because that was the idea in our culture, that, "Oh my God!" - you know, you didn't trust anybody over thirty!

And it is something that of course it must change, because as the baby boomers get older, we are all moving into that age - but I am much healthier than I was from the age of sixteen to thirty-six.

"...we have a concept in our culture especially, about losing our value as we get older! And I am not feeling that at *all* any more!"

That timeframe, you know, my body was breaking down, my organs were breaking down; I had multiple sclerosis; I had a heart attack at twenty-seven; I had asthma, and I was allergic to everything under the sun. And I was just getting *older*! I also had huge puffs under my eyes that I thought, "Oh my God! I'm just aging so quickly!"

Well, as I got into energy and started working on myself and getting myself well, I found that energy is not just about... medicine is not just... should not be thought of as a way to get your health back, or get over cancer, or get over an autoimmune illness, or get well from the 'flu - it should not be considered as just that. Medicine, which even native Americans considered, "This is good medicine" anything that made you healthy, or wise - any of those things - that is a medicine.

Energy medicine is about it *all*: about getting your joy back, about getting your vitality back - and if you lose it, what to do about it; and if you have pain, how to take it away; if you feel depressed, what to do about that; get *out* of depression - it is about *all* of those things.

I just taught last year some time down in Costa Rica in one of the Blue Zones. And one of the Blue Zones is those places in the world where people naturally live to be well over a hundred - and it's natural, you don't think anything of it.

Ruth: Oh, wow!

Donna: So I taught there; and they were making a Longevity Center there - and it was really *wonderful* to teach there! And one of the things that they have found in research is that one of the things that takes people down is their belief system.

"Energy medicine is about it *all*: about getting your joy back, about getting your vitality back..."

If you believe that your ancestors, say, only live to be into their seventies, then the propensity towards dying in your seventies is going to happen for *you* because it so affects our physical health - is what you believe!

If you begin to change that - and they are having studies on this - if you change your idea of how long you are going to live, it literally *changes* your physical self. So that is an important thing to know.

If you have... like for me, I had tuberculosis as a little girl and so I had weak lungs and that is why I got asthma. Well, I changed that - not only the *idea* of that; I changed the energy of that so that my lungs aren't weak any more. My heart is very strong. Everything is strong. You can change it with your ideas first, and then start looking for *ways* to change that.

"...if you change your idea of how long you are going to live, it literally *changes* your physical self. "

And I *know*, I *know* that one of the best ways is through your energy. And so I used to, in my practice, I tended to like people who were skeptics; who came to my classes or in my private practice - in fact in my private practice I told people, "Look, if I don't affect this and change this, you don't have to pay me!" because I believed in it so much. And I never had one single person, in twenty-three years of my private practice, ever not pay me!

Ruth: Wow!

Donna: It is so important for people to get that energy, as Einstein said, energy is all there is. And so if you affect it at the energetic level, you will affect your chemistry, you will affect your hormones, you will affect your spirit - you will affect *everything!* And you will affect muscle; like I had no muscles left in my legs - and my muscles are now very strong in my legs. You can affect *everything!*

What the Longevity Center found out is they *used* to think that if we weren't hit by all the stresses of our lives, we would live to be a hundred and twenty. But now their research is showing that we should live to be a hundred and forty. And you can be just somewhere around a hundred and forty; you just lay down and you die.

"It is so important for people to get that energy, as Einstein said, energy is all there is."

You don't have this terrible winding down that we tend to think that if you don't die of something, you will just wind down, and you won't have vitality and aliveness.

Well, I am here to tell you one of my favorite age groups is very *old* people because I have gone in and worked with people - and people who were considered just almost not *there* any more could bring back their mind, could bring back their vitality. I used to work with twenty-seven people, ranging from ages eight-four to a hundred and three I think they were - twenty seven of them - and they *all* got better!

"I used to work with twenty-seven people, ranging from ages eight-four to a hundred and three...and they *all* got better!"

They *all* made tapes for their great, great, grandchildren for Christmas presents where they related their memories and told stories! But they *all* got better - including people who had had strokes and were unable to move; we helped the energy start moving. And one of the men who had had a stroke several years before was up and out of a wheelchair by the time I quit.

I have seen miracles. And I no longer see it as miracles. I now see this as *natural*; our bodies are *meant* to perform *much* better than they do. And you can *like* getting older!

And that is my message: You can *like* getting older. Because if you can learn some of the simple, easy tools of energy medicine - and you can also download things *free* on our website; tools that can help you. Go to www.learnenergymedicine.com - download things for free. Or learn of somebody in your area that can teach you how to do this - there are practitioners on that website.

"I now see this as *natural*; our bodies are *meant* to perform *much* better than they do."

And I really encourage people to learn it if you are interested - and I think you will be glad!

Ruth: Well, Donna, thank you so much. I wish we had more time but we are just running out of time. Thank you so much for all of what you shared with us today, and also your life's work - you have really created a body of knowledge that is unique in our field. And it is such an important contribution.

Everyone on the call, you will be getting an email from me soon; we will be sending out a link to the Comment Board. Go to the Comment Board and share how *you* are going to use what you heard tonight; how you are going to apply this with your patient tomorrow; what insights you have and what action plans you have.

We are going to also send you the link so that you can check out Donna's book. If you are interested in it you can buy it, or you can get it at your library, or maybe get your library to buy it.

But I thank everyone for being on the call - and particularly you, Donna; thanks for sharing this time with us.

Donna: Oh, thank you! It was *really* a pleasure. I have enjoyed it *very* much - thank you for having me.

Ruth: Goodnight everybody. Take good care now.

Donna: Goodnight.

About The Speaker:

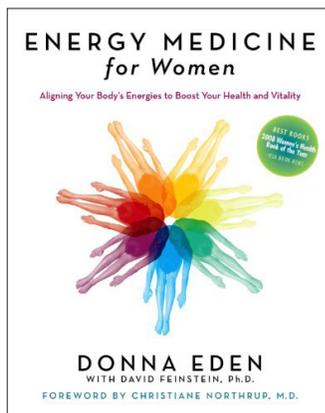


Donna Eden is among the world's most sought, most joyous, and most authoritative spokespersons for energy medicine. Her abilities as a healer are legendary. She has taught some 50,000 people worldwide, both laypeople and professionals, how to understand the body as an energy system. Now you can study with her through her videos, DVDs, books, and other home study resources.

Author Donna Eden has taught hundreds of self-empowering, alternative health workshops throughout the world. Her alternative health book, *Energy Medicine*, is a best-seller that has been translated into a dozen languages and her latest book, *Energy Medicine for Women* is also destined to be a classic.

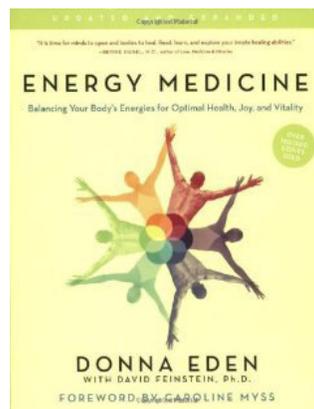
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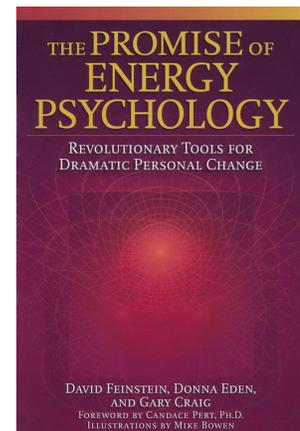
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