

*The Effect of Distance Healing on the Health and Wellbeing of Patients from a Natural Health Clinic: A Cross-Cultural Study*

By Cristina Boden

1999

Abstract

Distance healing was evaluated on 38 women over age 40 with common complaints for their age group. At a clinic in England, patients were administered the Short-Form McGill Pain Questionnaire, the Profile of Mood States, a Self-Report Survey, and an electrophysiological test measuring 6 paired acupuncture meridians. Ten Americans briefly held positive mental intention for the experimental group 1 night per week for 4 consecutive weeks. The research findings support the hypothesis that the experimental group would display better psychometric test results, physiological measures, decreases in reported symptoms, and increased feelings of well-being than the control groups after the 4-week period of distance healing.