

“Is Acupuncture OK?”

What do you know about acupuncture? No one in my church knows much about it except that it works.

In a book on Alternative Medicine, written by Christian scholars at The Center for Bioethics and Human Dignity, the authors noted that a National Institutes of Health (NIH) review, while finding many of the claims for acupuncture to be lacking in firm medical and scientific evidence, nonetheless reported that “acupuncture reduced nausea and vomiting after chemotherapy or surgery and was effective at relieving dental pain” (Gary P. Stewart and others, *Basic Questions on Alternative Medicine: What is Good and What is Not?*, [Grand Rapids, MI: Kregel Publications, 1998], 44).

But what is responsible for the limited success enjoyed by acupuncture? The above authors write:

“Different explanations for the effectiveness of acupuncture have also been proposed. Acupuncture causes numerous biological changes, with the release of endorphins being the most significant. These compounds are part of the body’s natural way to relieve pain. Also, pain in one area of the body can be reduced when another area is irritated, which may partially explain why the needles work” (p. 44).

Thus, there are some reasonable physical explanations for the limited success of acupuncture. But are there potential moral and spiritual dangers which one must be wary of in acupuncture? Yes. To quote again from the previous source, “Caution should be exercised in choosing a practitioner. Those who adhere to its roots in traditional Chinese medicine and religion may call on spiritual powers to assist in treatments, thus exposing people to occult influences” (p. 44).

This is a very good point and we would do well to be careful of such possibilities. But of course not everyone who

practices acupuncture is involved with the occult. In fact, I'm aware of a local Chinese doctor who incorporates acupuncture (when appropriate) into his medical practice. But this man is a devout Christian and does not buy into the philosophical/religious ideas sometimes associated with traditional Chinese medicine.

So it appears that there is at least some evidence that acupuncture can be medically effective in treating pain and nausea. However, one should be careful in selecting a practitioner for the reasons stated previously.

Hope this helps. God bless you!

Michael Gleghorn
Probe Ministries

Addendum 3/17/2019: A friend of Probe, Dr. Caroline Crocker, provided us with this insightful article on the worldview aspect of acupuncture, adding, "Acupuncture is based on nonChristian prescientific ideas. Sorry." It states that there is no scientific support for any mechanism that would explain a way for acupuncture to work, and that clinical trials show that it doesn't work apart from a placebo effect.

<https://sciencebasedmedicine.org/reference/acupuncture/>

"Why Don't You Appreciate Herbal Medicine?"

I read an article written by Mr. Zukeran on [alternative medicine](#) and was wondering just how much time he really put into researching herbs and ancient medicine before he began to write. It sounds like the typical raised eyebrow "suspicious

of anything that doesn't come out of the AMA or Good Housekeeping Magazine" approach.

There is a tremendous amount of research that has been done and is being done with herbs, and Mr. Zukeran's dismissal of herbal therapy implies a lack of scholarship, not a good apologetic. I'm a Christian and have a great appreciation for herbal medicine as well as other alternative approaches. I owe my life today to a diet change that included a vegetarian way of life for nearly a year, along with herbal therapy. I also have in my library The Yellow Emperors Book on Internal Medicine, along with Hyppocrates works, and simply because one came from Greece and one came from China I do not necessarily reject the ancient Chinese approach any more than I would reject Pythagorus or Archimedes mathematical axioms and theorems simply because Pythagorus and Archimedes belonged to "Mystery Schools" and were pagans. Their mathematical formulas and proofs form much of the basis for modern science and engineering.

You seem to be throwing the baby out with the bathwater in your blanket condemnation of a vast area of human research in the area of medicine that spans many thousands of years in an attempt to stay orthodox in your religious views.

I notice that Mr. Zukeran has a degree in theology. That does not necessarily qualify him as an expert in alternative medicine. You would do better in defending the gospel to carefully research your topics, and have someone who is well qualified in an area to write on that topic, instead of someone who demonstrates a manifest lack of expertise on the subject.

Thanks for reading the article and your comments. I stated in my article, "... complementary therapies provide important insights into maintaining good health." I also stated in my section on Herbal Medicines this: "Some herbal treatments are costly and provide no enhancement. However, some herbal

supplements have shown some promising benefits. Herbal treatments may prove to be helpful additions to conventional treatments. Herbs like ginseng have shown to be beneficial for Type 2 diabetes, for example. Herbal preparations are sometimes less potent in dosage than prescription drugs and may be less toxic." So I do not dismiss herbal therapies, I state there are some that have shown to be beneficial while there are others that are costly and have not proven to fulfill the promises they make. I think you would agree with that.

In 1998 Representative Tim Harkin passed a bill to enlarge the National Institute for Health Office to include a department to study alternative medicines. Dr. Steven Straus was placed in charge of the department. Dr. Eisenberg at Harvard Medical School also has created a department to study alternative Medicine as well. So the AMA, American Medical Association and other government research groups are doing research on Alternative Medicines. I think a person would be wise to look at their conclusions when deciding on an alternative treatment. Much research has been done and as I stated in my article, some herbs were shown to be beneficial while others were found not to be. There is very little proof that life energy therapies are beneficial.

It is true, my degree is in theology and I focus on the theological and worldview aspects of alternative medicine. I rely on medical experts for the medical studies. I have interviewed one of the leading authorities on my radio show on this subject, Dr. Donal O'Mathuna, whose conclusions I repeat. Let's not throw out the good, let's just be discerning. I am sure you would agree with my conclusion, that there are some benefits to alternative medicine but there are also alternative therapies that are not beneficial and should be avoided. A Christian should be discerning when looking at alternative Medicine.

Patrick Zukeran

Reiki: A Christian Perspective

Dr. Michael Gleghorn offers an overview and critical Christian worldview evaluation of Reiki energy medicine, an alternative health therapy that has grown in popularity in recent years.



This article is also available in [Spanish](#).

What is Reiki?

In the past twenty-five years there has been a huge increase in both the general acceptance and public availability of various types of alternative health therapies. Although some of these therapies may be beneficial, others do little good, and some are downright harmful. Under the broad umbrella of alternative medicine there are a variety of therapies that might loosely be referred to as “energy medicine”:

Energy medicine is a broad field covering a variety of therapies from many parts of the world. While each is based on the existence of a nonphysical energy pervading the universe, the nature of the energy, the form of therapies, and how healing is believed to take place varies from culture to culture.[\[1\]](#)

This energy is variously referred to as *prana* in India, *chi* in China, and *ki* in Japan. One form of energy medicine that has been growing in popularity is called *Reiki*. According to some, *rei* means “universal,” and *ki* means “life force energy.” But the International Center for Reiki Training goes further,

declaring that “Rei” is more accurately understood to mean “supernatural knowledge or spiritual consciousness . . . the wisdom that comes from God or the Higher Self.” Thus, according to the Center, “it is the God-consciousness called Rei that guides the life force called Ki in the practice we call Reiki.”[\[2\]](#)

Reiki was discovered, or perhaps rediscovered, by Dr. Mikao Usui during a mystical experience at a mountain retreat in early twentieth century Japan. Some claim it is the same method of healing used by both the Buddha and Jesus, although the records of this have been lost.[\[3\]](#)

So how does Reiki work? To put it generally, and somewhat simply, Reiki claims to work by removing obstructions to the free flow of life force energy throughout the body. Such obstructions, which arise through negative thoughts, actions, and feelings, are believed to be the fundamental cause of illness and disease. But “Reiki clears, straightens and heals the energy pathways, thus allowing the life force to flow in a healthy and natural way.”[\[4\]](#) In this way, Reiki is believed to enhance physical, mental and emotional health.

In order to tap into this power and learn to channel Reiki one must first receive four attunements from a Reiki Master during a First Degree Reiki training session. These attunements are alleged to open “subtle mental and physical energy systems” that prepare the recipient “to channel Universal Life Force Energy.”[\[5\]](#) Supposedly, this creates a permanent connection with Reiki, thus allowing the recipient to channel this energy for life.

At this point, some may be wondering if there is any scientific evidence that corroborates the existence of this energy. Let’s look at the evidence.

Is there Scientific Support for Reiki?

In the nineteenth and twentieth centuries, some proponents of life force energy claimed it was a form of electromagnetic radiation (of which light and heat are familiar examples).^{6} Of course, electromagnetic radiation is a real, physical phenomenon of the world in which we live. But should it be identified with life force energy? The answer is no, and today most of those who believe in such energy would say the same. After all, such energy is generally believed to be non-physical. But electromagnetic radiation is a form of physical energy.

Still, many Reiki practitioners believe that good evidence supports the existence of life force energy. For example, the aura is said to be “a field of subtle life-force energy that surrounds the body of every living being.”^{7} Those properly attuned to this energy often claim that they can feel a person’s aura. A few even claim to see auras.

But it’s one thing to make such a claim, quite another to demonstrate it under properly supervised conditions. In one study, ten people who claimed to see auras were tested against a control group of ten people who made no such claim. “Four identical screens were placed in a room with volunteers who took turns standing behind one or another of them.”^{8} Those who claimed to see auras believed that they could detect which screen the volunteer was standing behind. But out of 720 attempts, they only gave 185 correct answers – an accuracy rate consistent with guessing. The control group, however, gave 196 correct answers – eleven more than those who claimed to see auras! Apparently, not everyone who claims to see auras can actually demonstrate this claim.

But haven’t auras been photographed? One author claims, “Kirlian photography . . . enables us to . . . photograph auras.”^{9} However, when such photographs are investigated by independent scientists, the images are seen to have a

completely physical explanation. Also, Kirlian auras have been recorded for some things not usually believed to have a field of life force energy, like pennies and paper clips. Such evidence casts doubt on the claim that auras have been photographed.

Thus, if there is such a thing as life force energy, it has so far eluded the detection of scientists. Such energy may still exist, and science may one day verify as much. But for now, scientific support is lacking. Still, some argue that “the proof of whether a therapeutic procedure is effective rests not on the gathering of data alone but on the client’s actual experience.”[\[10\]](#) In other words, if Reiki works, such life force energy must exist!

What About Reiki’s Success?

For many people, the most powerful evidence of Reiki’s effectiveness as an alternative health therapy are the testimonials of those who claim to have been personally helped by it. Consider what happened to Alex. He was in chronic pain due to a motorcycle accident that resulted in three crushed vertebrae. He attended a Reiki class, and after his first initiation was free of persistent pain![\[11\]](#)

How does one explain such a story? Does it prove that Reiki really works? While it cannot be denied that there is abundant anecdotal evidence of Reiki’s healing power, we must be very careful before we credit Reiki with relieving Alex’s pain. “With the exception of unsubstantiated opinion, anecdotal evidence is the least useful...evidence available to judge medical therapies.”[\[12\]](#)

This isn’t just the opinion of conventional Western medicine. The National Center for Complementary and Alternative Medicine acknowledges that there is a “hierarchy in the different types of evidence for therapies, with anecdotal at the bottom.”[\[13\]](#) Thus, anecdotal evidence counts for something, but it hardly

proves that Reiki is an effective method of healing.

So how might we explain Alex's pain relief? Although there are various possibilities, for the sake of time we will only mention two. First, we must honestly acknowledge that maybe Reiki was responsible for the elimination of Alex's pain. After all, it was immediately after receiving Reiki that Alex felt relief. However, it's crucial to recognize that there is another very sensible and well-documented explanation. Quite simply, Alex's pain relief may have been due to the "placebo effect."

"The placebo effect is the combination of factors that give therapies beneficial effects, but which are not caused by any direct physiological action."[\[14\]](#) A classic example is the sugar pill. In itself it can neither cure illness nor relieve pain. However, when given to a patient by a trusted, confident physician, who says it's just what the patient needs to recover from his or her ailments, it can be incredibly effective in relieving a wide variety of psychosomatic disorders. Since such disorders have a psychological or emotional (rather than physiological) cause, they can be relieved without directly treating the patient's body.

Many studies indicate that the placebo effect can account for a full third (or more) "of the improvements found with any therapy."[\[15\]](#) But can it explain Alex's sudden relief from pain? Indeed it can. Pain can be treated very effectively with placebos.

Of course, some may argue that the really important thing is not so much *why* Alex was healed, but simply *that* he was healed! To some degree, I can sympathize with this argument. But it does have problems.

Should Christians Be Concerned About

Reiki?

Most people, myself included, consider physical health to be good and valuable. All things being equal, it's better to be healthy than sick. But if this is so, then does it really matter *how*, or *why*, the sick are healed? Isn't the only important thing simply *that* they're healed? And how can anyone object to Reiki if it helps accomplish this?

These are important questions and they deserve a sympathetic response. But first, let's consider an important question: Is physical health *always* preferable to sickness? After all, most people consider such qualities as compassion, patience, courage, and love to be great and noble virtues. But what if there were people who could only acquire such virtues through the pain and suffering brought on by physical illness? So long as they're healthy, they will lack these virtues. But if they're sick, they will acquire them. Let me suggest that if you truly value these virtues, you might decide that it's better to be morally and spiritually healthy (though physically sick), than physically healthy alone.

Let's now return to our initial question. Does it really matter *if*, *how*, and *why* Reiki works? I think it does. Suppose there is no genuine power in Reiki. Suppose it "works" merely as a placebo. In that case, would you want to send a loved one to a Reiki practitioner to be treated for strep throat? Without proper treatment this would likely result in rheumatic fever, permanent heart disease, and maybe even death. Real antibiotics are needed; a placebo cannot cure this kind of infection.[\[16\]](#) Under circumstances such as these, I suspect that no one would want their loved ones treated by Reiki alone.

But now suppose that there *is* genuine power in Reiki. Is it not important to know *where* this power comes from and *what* it is? What if Reiki offers physical health only at the expense of spiritual health? Should Christians be concerned about

this?

The International Center for Reiki Training describes Reiki as “spiritually guided life force energy.”[{17}](#) After receiving the necessary attunements, a Reiki practitioner can channel this energy for life. The Center describes the attunement process as “a powerful spiritual experience” that “is guided by the Rei or God-consciousness.” What’s more, this experience “is also attended by Reiki guides and other spiritual beings who help implement the process.”[{18}](#)

What are Christians to make of this? Should we be concerned about the nature of this attunement process? Exactly who, or what, are these Reiki spirit guides? Should we be cautious about becoming involved with these spirits? Or should we simply trust that they’re doing God’s work? After all, doesn’t *all* healing come from God?

Does All Healing Come From God?

Does all healing come from God? The International Center for Reiki Training declares that “Reiki comes from God.”[{19}](#) But if we read the material on their Web site, we see that the Center advocates an Eastern or New Age view of “God.” This view is radically different from that of the Bible. For example, the Center equates “God” with man’s Higher Self, thus blurring the distinction between God and humanity that is taught in the Bible. Practically speaking, this difference between the God of the Bible and the “God” of Eastern or New Age philosophy means that adherents of these two systems are asserting something very different when they claim to have been healed by God.

The God of the Bible is a personal being, capable of miraculously healing people according to His will (Exodus 15:26). Nevertheless, the Bible does not teach that *all* signs and wonders come from God. On the contrary, Jesus warned His

disciples that in the last days there would be false Christs and false prophets who would show great signs and wonders (Matt. 24:24). In his second letter to the Thessalonians, the Apostle Paul linked such events to the power of Satan (2 Thess. 2:9).

But does Satan have the power to perform marvelous healings? Indeed, it appears that he might. In Revelation 13 we learn that after receiving power from Satan, the beast is healed of a near-fatal head wound (vv. 2-3). The context seems to imply that this amazing healing is the work of Satan. From a biblical perspective, this raises an important question about the healing power of Reiki. Exactly where does this healing energy come from?

We've already seen that there is not convincing evidence to regard this energy as a physical phenomenon. Biblically, this seems to leave only two main options. Either the energy comes from God, or it does not. Although the International Center for Reiki Training declares that "Reiki comes from God," we've already seen that this cannot be the God of the Bible. Is it possible, then, that the source of this energy is demonic?

As I mentioned previously, the ability to channel life force energy involves first going through an attunement process. The Center claims that these attunements are attended "by Reiki guides and other spiritual beings who help implement the process."[\[20\]](#) Is it possible that by involving themselves with spirit guides, Reiki practitioners may unwittingly be opening themselves, as well as their patients, to demonic influences? Although it may not be possible to categorically affirm that the source of Reiki energy medicine is demonic, the Bible, in condemning all forms of spiritism, does seem to at least allow for this possibility (see Lev. 19:31; 20:6; Deut. 18:9-14; Acts 16:16-18). Therefore, it seems to me that Christians should take the wiser, safer, and probably even healthier course of action, and carefully avoid all involvement with Reiki energy medicine.

Notes

1. Donald O'Mathuna & Walt Larimore, *Alternative Medicine: The Christian Handbook* (Grand Rapids, Mich.: Zondervan, 2001), 193.
2. "Reiki FAQ: What is Reiki?" at www.reiki.org/FAQ/WhatIsReiki.html.
3. Gary P. Stewart, et al. *Basic Questions on Alternative Medicine: What is Good and What is Not?* (Grand Rapids, Mich.: Kregel Publications, 1998), 61.
4. "Reiki FAQ: How Does Reiki Work?" at www.reiki.org/FAQ/HowDoesReikiWork.html.
5. David F. Vennells, *Reiki for Beginners: Mastering Natural Healing Techniques* (St. Paul, Minn.: Llewellyn Publications, 2000), 41-42.
6. Mathuna & Larimore, *Alternative Medicine*, 195. I have relied heavily on the chapter on "Energy Medicine," pp. 193-99, in this section.
7. Vennells, *Reiki for Beginners*, 106.
8. Mathuna & Larimore, *Alternative Medicine*, 197.
9. Vennells, *Reiki for Beginners*, 106.
10. Libby Barnett, Maggie Chambers and Susan Davidson, *Reiki Energy Medicine* (Rochester, Vt.: Healing Arts Press, 1996), 15.
11. Ibid., 29.
12. Mathuna & Larimore, *Alternative Medicine*, 115. I have relied heavily on chapter 10, "How Science Tests Therapies and Remedies," in this section.
13. Ibid., 116.
14. Ibid., 118.
15. Ibid., 124.
16. John Ankerberg and John Weldon, *Encyclopedia of New Age Beliefs* (Eugene, Ore.: Harvest House Publishers, 1996), 487.
17. "Reiki FAQ: What is Reiki?" at www.reiki.org/FAQ/WhatIsReiki.html.
18. "Reiki FAQ: Learning Reiki" at www.reiki.org/FAQ/LearningReiki.html.
19. "Reiki FAQ: What is Reiki?" at

www.reiki.org/FAQ/WhatIsReiki.html.

20. "Reiki FAQ: Learning Reiki" at
www.reiki.org/FAQ/LearningReiki.html.

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Alternative Medicine – A Christian Perspective

Dr. Pat Zukeran applies a biblical worldview perspective as he assesses the rise of alternative medicine in the mainstream of American culture. He points out the types that are purely fraud and those which may be useful for some people.



This article is also available in [Spanish](#).

The Rise of Alternative Medicine

Alternative medicine has blazed its way into the mainstream of American culture while also making significant gains in the medical community. Nearly half of all U.S. adults now participate in some kind of alternative therapy.^{1} A recent study showed that Americans spend almost \$30 billion a year on alternative treatments.^{2}

Alternative medicine remains a controversial issue. Do these medicines actually work? Do these alternative therapies embrace an Eastern religious system? Should Christians be involved with alternative treatments? How do we evaluate a particular practice that is unconventional?

The sudden rise of alternative medicine can be attributed to a growing dissatisfaction with conventional medical practices.

Modern methods have mainly focused on the physical symptoms. However, we are spiritual, social and emotional creatures as well. Healing improves when all of these components are addressed. Conventional medicine has also been criticized for its impersonal approach. Overworked doctors may spend only a few minutes diagnosing the problem without much follow-up.

The main reason people may be flocking to alternative medicine is that it offers hope when conventional medicine has failed. The frightened and discouraged look there as a last resort. Many therapists profess to heal cancer or know the secret to prolonged youth. For example, Hollywood guru Deepak Chopra writes that his therapies can take us to “. . . a place where the rules of everyday existence do not apply.” Through his methods we can “. . . become pioneers in a land where youthful vigor, renewal, creativity, joy, fulfillment, and timelessness are the common experience of everyday life, where old age, senility, infirmity and death do not exist and are not even entertained as a philosophy.”[\[3\]](#) These are attractive temptations to those without hope.

As discerning individuals, we must not be enticed by such claims. The Bible teaches that we live in a fallen world. Despite our best efforts people get sick, and sometimes they die. When faced with a serious illness, we first must accept the consequences of the Fall. God can heal any time He chooses using whatever method He wills. However, He does not work contrary to His nature or revealed truth. If an apparent healing leads someone to embrace teachings contrary to Scripture, we should question whether that healing came from God.

So when the test results are bad, we should not panic in fear, but trust God's sovereignty and control over our lives. We should seek wise counsel from doctors and our pastors. Then, if an alternative medicine is recommended, we should make sure it has been medically tested and does not promote a false teaching or false hope. In dealing with illness, we can honor

God or we can blemish our testimony. In the following sections, let us consider how to wisely evaluate alternative medicines.

Getting a Handle on Alternative Medicines

Today there are hundreds of therapies labeled “alternative medicine,” but what exactly does that mean? A broad definition would be any therapy that is not accepted by the dominant medical establishment of our culture. There are several characteristics of alternative medicine. For example, these therapies are not practiced in hospitals or physicians’ offices. They focus on natural methods of healing with an emphasis on preventing disease. They are also more likely to treat chronic ailments after conventional medicine has failed.

Alternative medicine originates from the traditions of ancient cultures, particularly China and India. For instance, 370 different healing drugs were used in Mesopotamia while 600 were common in India. The Chinese had 2000 herbs, metals, and minerals as ingredients in 16,000 different preparations.[\[4\]](#) Despite the variety, many historians agree that these ancient medical practices had little success in actually curing disease. The real effects are still under scrutiny today including comparisons with the strides made by modern medicine. Despite the shortfalls of conventional medicine, we live longer and are healthier than people of long ago.

Ancient alternative medicine was greatly influenced by Eastern religions. That is why today’s users of so-called “rediscovered” alternative medicines can still see those religious concepts interwoven with the treatments. Many alternative medicine proponents approach holistic health from a pantheistic worldview. Central to pantheism is the idea of monism—the idea that everything in the universe is one ultimate reality. If all is one, then man is divine. Since we are divine, we are without sin. Sin is merely an illusion that creates false guilt. This guilt is what leads to illness.

Deepak Chopra writes, “. . . the seeds of God are inside us. . . . When we make the journey of the spirit, we water these divine seeds. . . . In the eyes of the spirit, everyone is innocent, in all senses of the word. Because you are innocent, you have not done anything that merits punishment or divine wrath.”[\[5\]](#)

Some advocates of alternative medicine would point out that the biblical view of health is also considered holistic. Indeed, God made man a complex being with physical, mental, social and spiritual dimensions, and He cares about every aspect of our personhood. (You can see these aspects in Hebrews 4:12 and 1 Thessalonians 5:23.) Contrary to pantheism, the Bible teaches God is a personal being and we are His created beings. We were meant for a personal relationship with Him, but we are separated from this by sin. Biblical health begins with a right relationship with a personal God through His Son, Jesus Christ. Rather than ignoring sin, it must be dealt with through repentance and restoration. Finally, a Christian must acknowledge that God may have a purpose for suffering, and that there is value to yielding to His plan.

Should a Christian Use Alternative Medicine?

When it comes to selecting an alternative therapy, there is a smorgasbord of choices. How can a Christian discern an acceptable alternative medicine from one that is unacceptable? In making a decision, it is helpful to identify the different alternative medicines. The authors of *Basic Questions on Alternative Medicine: What Is Good and What Is Not?*[\[6\]](#) give five categories of alternative therapies.

The first category is *complementary* therapies. These deal with lifestyle issues such as diet, exercise and stress. The next category is *scientifically unproven* therapies. These have undergone scientific research, but with little evidence for

their effectiveness. Herbal remedies would be an example of scientifically unproven therapies.

A third category is *scientifically questionable* therapies. These are therapies which contradict basic scientific principles or that cannot be easily verified. An example is Chinese acupuncture that teaches a contradictory understanding to what is known about human physiology. A fourth category is *life energy* therapies. These assume life energy called “Chi” or “Prana” that can be manipulated using a variety of techniques. Maybe you have heard of “[Reiki](#)” and therapeutic touch. The final category of therapies is *quackery* and *fraud*. These are therapies that have been shown to have no reasonable benefit.

Before deciding to use an alternative medicine, a Christian should consider first under which category the particular therapy falls. Generally speaking, complementary therapies provide important insights into maintaining good health. Scientifically unproven and questionable therapy must be studied and decisions made on a case-by-case basis. Many of the proofs for alternative medicine are based on controversial interpretations of scientific theories or testimonies of users.[\[7\]](#) The wisest approach is to only use cures endorsed by sound medical research and controlled testing. Christians should avoid therapies that fall under the life energy and fraud categories.

Consult your physician and pharmacist. Too often individuals will engage in alternative treatments without informing their physician. Proponents of alternative medicine try to discourage their clients from using conventional medical methods, claiming their way to be the best. This can be a dangerous concept. An alternative therapist may prescribe approaches contrary to your doctor’s recommendation, or give you medicines that may react negatively with your prescribed medications.

Finally, be a wise steward. Don't spend your resources on therapies that have been proved ineffective or questionable. Watch out for practitioners of a false religious system. In my pastoral experience, I have witnessed Christians turn to shamans and Chinese folk medicine when diagnosed with a serious illness. In all cases the alternative therapy did not help the situation and cost the family monetarily. More importantly, it impaired their witness for Christ. Make your lifestyle, especially the way you handle illness, a testimony for Christ.

Life Energy Therapies

As mentioned earlier, there are five categories of alternative medicines. Christians should avoid *life energy* and *quackery* and *fraud* therapies.

Let us take a careful look at life energy therapies. Although there are over 60 different names for these therapies, they are all based on six fundamental principles.^{[\[8\]](#)} Practitioners believe that life energy flows throughout the universe. There are numerous names for this impersonal energy. Traditional Chinese medicine calls this energy "Chi" while Indian Ayurvedic medicine titles it "Prana." Some Christians mistakenly equate this with the Holy Spirit. The two are not the same.

Life energy therapists believe that humans are composed of energy surrounded by a material body. Life energy therapy directs this energy so that it flows throughout the body unhindered. Disease is believed to be the result of an imbalance or blockage in the energy flow. Traditional Chinese medicine describes an elaborate system of channels within the body called meridians. To cure an illness, the body must be manipulated to restore the flow of energy through the meridians.

Traditional Chinese and Indian practitioners believe they can

determine one's energy flow by looking at the skin color, symptoms, tongue, and pulse. Therapeutic touch practitioners say they can sense the energy flow by moving their hands above the skin. Supposedly there are now high tech machines that can measure this energy flow. Many of these machines, for example the Vegatest and its spin-offs, have been deemed fraudulent and are illegal.[\[9\]](#)

It is said that life energy can be re-directed to treat an offending illness. Life energy therapists believe they can adjust the flow of energy through physical manipulation or invisible transfer from healer to patient. In traditional Chinese medicine, needles are used to unplug holes or stimulate the flow of this energy. Massage, exercise, and herbs are also believed to restore Chi as are breathing and meditation techniques.

Miracles are believed to occur by altering the life energy. This is the message presented in *Star Wars*. In the movie, the Jedi masters could control the life energy, or Force, to perform miraculous feats. The concept of God and energy are used interchangeably. From this we can conclude that life energy is, in essence, God. Since we are energy, we are divine because we are of the same essence as the Divine.

Christians should avoid therapists who expound life energy therapy. Many ideas are built on a pantheistic worldview, causing these therapies to embrace or at least acknowledge Eastern mysticism. Also, their teachings have drifted far from objective knowledge of the human body. Finally, God is not an impersonal force, and He cannot be manipulated by formulas or healing rituals. God will not heal through any practice that is contrary to His Word.

Herbal Treatments

Wherever you look, it seems like there is an infomercial or ad for herbal products. According to a 1998 study in *The Journal*

of the American Medical Association, between 1990 and 1997, there was a 380 percent rise in herbal remedies and a 130 percent increase in high dose vitamin use in the US.[\[10\]](#) Current estimates say 60-72 million Americans use herbal supplements.[\[11\]](#) Many herbal treatments make remarkable claims of healing cancer, arthritis, depression, and other illnesses. What are we to make of the herbal craze?

Be discerning if you choose to use herbs. *Natural* does not guarantee *safe*. There are many natural herbs that can produce dangerous, and even deadly, side effects. Be wary of the marketing hype. Despite the ads, the truth of the matter is that research has concluded that the effectiveness of herbal use is questionable at best. You also need to consider quality control. Unlike prescription and non-prescription drugs that are tightly regulated by the FDA, no organization is directly responsible for monitoring the quality or concentrations of herbal products. Be skeptical of “a pill for every ill” mentality. Finally, be sure to avoid anyone who claims to have a secret formula, especially if he reports to have been persecuted by the American Medical Association or Federal Drug Administration. Avoid any retailer, radio ad, or person who is bent on selling his product as a cure-all.

Some herbal treatments are costly and provide no enhancement. However, some herbal supplements *have* shown some promising benefits. Herbal treatments may prove to be helpful additions to conventional treatments. Herbs like ginseng have shown to be beneficial for Type 2 diabetes, for example. Herbal preparations are sometimes less potent in dosage than prescriptions drugs and may be less toxic.

It is important to thoroughly research the product you are considering using. Inform your doctor and pharmacist. They know your medical history and can alert you to any potentially dangerous interactions between herbs and pharmaceutical drugs. Be leery of thinking that if taking a little is good, a heavier dose must be even better. Find out whether the herbs

are for long or short term. Check the quality of the product and be aware of the possible side effects. Don't assume that if the product has been used for a while, even for centuries, it must be better.

There is no biblical admonition forbidding the use of herbal products. However, Christians should approach the herbal market from an informed perspective. Some excellent books on the subject are *The American Pharmaceutical Association Practical Guide to Natural Medicines* and *Alternative Medicine: A Christian Handbook*. Excellent Web sites include herbalgram.com and naturalmedicines.therapeuticresearch.com/.

In times of health and especially in dealing with illness, our goal is always to honor the Lord.

Notes

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6. *Basic Questions on Alternative Medicine: What Is Good and What Is Not?* *BioBasic Series* (Grand Rapids, Mich.: Kregel Publications, 1998).
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8. John Ankerberg & John Weldon, *Can You Trust Your Doctor? The Complete Guide to*

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