



Energy Medicine: The Scientific Basis

James L. Oschman

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This book, written by a well-known scientist with a background in biophysics and biology brings together evidence from a range of disciplines to provide an acceptable explanation for the energetic exchanges that take place in all therapies. It addresses a growing interest in the field of mind-body medicine and the role of natural "energy forces" within the body in maintaining normal health and wellbeing. This in turn has lead to interest in how these energies or forces may be channelled to assist in healing and the restoration of normal health.

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