

Energy Practice Evidence Checker and 8-Week Log

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1. The evidence at a glance

Practice	What research shows	Strength
Reiki	Not clearly effective for any health purpose; no evidence for the energy field (NCCIH)	Low, inconsistent
Therapeutic Touch	Practitioners detected a hand at 44%, close to chance (JAMA 1998)	Core claim failed
Tai chi	About 20% fewer falls in older adults; helps knee osteoarthritis	High for falls
Qigong	Mixed; some benefit for balance, COPD, fibromyalgia	Mostly small studies
Meditation	Helps anxiety and depression about as much as some established therapies	Moderate, with limits
Grounding	A few small studies, mixed results	Early, limited

2. Five questions to ask any practitioner

- ☐ What training do you have? ☐ Will you touch me, and where? Can I opt out?
- ☐ What can this help with? (Expect: relaxation and comfort, not cures.)
- ☐ Should I keep seeing my doctor and taking my medicines? (Expect: yes, always.)
- ☐ What is the total cost? (Expect: a clear price per session, no prepaid program.)

3. Red flags: walk away if a practitioner

- ☐ Promises to cure cancer, diabetes or any other disease ☐ Tells you to stop or reduce prescribed medicine
- ☐ Claims medical credentials they cannot show ☐ Pressures you into an expensive package
- ☐ Says scientific words like "quantum" or "frequency" prove the method works

4. 8-week practice log (tai chi, qigong or meditation)

Week	Practice and minutes	Steadiness (0-10)	Stress (0-10)	Notes
1				
2				
3				
4				
5				
6				
7				
8				

Stop and seek care for chest pain, sudden weakness, trouble breathing or thoughts of self-harm. Pregnant, or have balance or psychiatric conditions? Ask your clinician before starting a new practice.

No energy practice replaces medical care. This sheet makes no health promises.