

FREQUENTLY ASKED QUESTIONS ABOUT THE BENGSTON ENERGY HEALING METHOD®

What is the Bengston Energy Healing Method®?

The Bengston Energy Healing Method® is an innovative energy-based healing technique developed by researcher William Bengston, PhD, that engages natural energy fields and systems, and that Dr. Bengston's published research with animal populations has shown to be effective. Dr. Bengston has been conducting research on this form of energy therapy for several decades and has proven the effectiveness of his technique in 10 controlled animal experiments conducted in 5 university biological and medical laboratories. His healing research has produced the first successful full cures of transplanted mammary cancer and methylcholanthrene-induced sarcomas in experimental mice with hands-on techniques that he helped develop. Mice that had successful full cures also had no recurrences of cancer.

What about humans?

Although the Bengston Energy Healing Method® appears to have promising physical, mental and spiritual health benefits for humans, it has yet to be fully researched by the Western academic, medical and psychological communities for human application. The Bengston Energy Healing Method® is not a substitute for medical or psychological treatment from appropriate professionals and would be considered "alternative" or "complementary" to the healing arts that are licensed in the United States. Dr. Bengston strongly advises individuals to seek professional advice as appropriate before making any health decisions. For more information about the method and its development, please see Dr. Bengston's website at www.bengstonresearch.com.

Are there typical results with human application?

It depends on the individual and the health challenge. The Bengston Energy Healing Method® appears to be the most helpful in individuals with fast-growing cancers. The faster growing the cancer, the more quickly the method seems to work. The slower growing, the longer it seems to take.

Clinical experience also shows the Bengston Energy Healing Method® can have very successful results for Alzheimer's, allergies, asthma, gastrointestinal diseases, eczema and more. It is also effective on dogs and cats with health challenges.

Why does this method appear to help some people and not others?

It has been the clinical experience of Dr. Bengston as well as the therapists he has trained that this method appears to work best with individuals who have not had chemotherapy or radiation treatments. The Bengston Energy Healing Method® appears to hyper-stimulate the immune system to achieve results. One hypothesis is that chemo and radiation may significantly compromise or "kill" the immune response, rendering The Bengston Energy Healing Method® less effective or completely ineffective in individuals who have had those types of treatment, even many years prior. Clinical experience also indicates that patients who do "image cycling," a form of generating energy developed by Dr. Bengston, during their treatment programs have better outcomes. Instructions for image cycling are provided when treatment begins.

Are you recommending that I use the Bengston Energy Healing Method® instead of getting chemo or radiation treatments?

No. Dr. Bengston is a researcher, not a medical physician. We strongly advise individuals to seek medical/professional advice as appropriate before making any health decisions.

What typically happens with Bengston Energy Healing Method® treatments?

Dr. Bengston's laboratory research showed that, in mice, the Bengston Energy Healing Method® appears to hyper-stimulate the immune system. This means that, rather than shrinking tumors, the energy seems to hyper-cycle tumors out of the body — think of time-lapse photography of a rose, that shows the rose going very, very quickly from bud to flower to decay, when the rose no longer exists. With the lab mice, the tumors literally “exploded” out of their bodies, and the mice were not only cancer-free, they were permanently immune to cancer, no matter how many times they were re-injected with cancer cells.

Very common side effects of treatments are extreme emotional reactions and vivid dreams. The medical field of psychoneuroimmunology shows that emotional issues very frequently underlie physical disease, and it appears that Bengston treatments work simultaneously on any foundational emotional challenges as well as the physical disease to clear both aspects.

Do tumors “explode” out of humans too?

There are no clinical cases of that happening. However, just as they did in the lab mice, tumors in humans sometimes appear to change size before they disappear completely. This seems to be a normal, typical part of the process with this therapy. Also, just as with other forms of Eastern therapies like acupuncture or other energy medicine therapies, toxins are often released and clients can feel as though they are getting worse while they are getting better. For example, some clients experience skin rashes, pangs of pain in the tumor area, or other reactions. Again, this appears to be typical with the Bengston Energy Healing Method® and seems to indicate that healing is underway.

Aren't all forms of energy therapy the same?

No, there are many different kinds of energy therapies — the Bengston Energy Healing Method®, Reiki, pranic healing, qi gong healing, just to name a few. They are all energy medicine therapies, but they each appear to have not only their own energy frequency, but also different healing outcomes. For example, there are dozens of published studies on Reiki therapy, with research showing that it boosts the immune system, induces a deep relaxation response, creates better quality of life in cancer patients, and more. But no studies have ever shown that Reiki actually cures cancer, compared with the Bengston Energy Healing Method®, which research shows cured cancer in animal studies.

Also, our clinical experience shows that certain forms of energy therapy limit or eliminate the effectiveness of Bengston therapy. It appears that Bengston therapy is very “high powered” compared to other energy healing methods, and seeks to create the optimal energy frequency for each individual's healing process. Energy methods that attempt to “set” a certain frequency — such as Rife therapy, magnets, qi machines, qi gong, etc. — appear to block or limit the Bengston energy and prevent it from achieving full effectiveness. Clients who have used those kinds of therapies at the same time have seen less successful results. This method is experimental. This information is simply provided to help you make informed decisions about your choices.

How many treatments are required with the Bengston Energy Healing Method®?

Dr. Bengston generally recommends 8 sessions, typically a week apart. In late-stage cancer cases, they can be done twice a week.

Can treatments be done more often?

They can be, but greater frequency does not appear to improve the outcome. It seems that the human body takes about a week to process as much energy as is received during one treatment, and that trying to give more energy sooner is like topping off a cup that is already full.

What does it feel like to receive a treatment?

Depending on how energy-sensitive you are, you may or may not feel the energy moving in you. However, we always ask clients to get into a comfortable position, lying down, because they often fall asleep during the treatment. Most clients feel a greater than usual need to sleep for several days after a treatment.

Do treatments need to be done hands-on?

No, they can also be done as distance healing with exactly the same effect. Dr. Bengston is presently working on several studies to examine this phenomena, and thus far it is showing positive outcomes.

Can I do the Bengston Energy Healing Method® on myself?

Unfortunately not. Reiki may be the only form of energy therapy that you can use to treat yourself. It appears that, like most forms of energy medicine, the Bengston Energy Healing Method® must be performed by someone trained to do the therapy.

What is “charged cotton” or “charged water”?

Depending on the type of cancer and location of tumors, or certain other health challenges, charged cotton or water appears to support the progress of therapy. Dr. Bengston discovered that cotton, water and other materials can be “charged” with this particular energy, and that applying them to the tumor site appears to draw some level of disease energy out of the body and at the same time continuing the Bengston energy as treatment. If charged cotton or water is recommended in your particular therapy, it will be provided and you will be given instructions on how to use it.

Does Dr. Bengston work on clients himself?

He no longer does, as he has now dedicated his time and efforts to research and to teaching the Bengston Energy Healing Method®.