

# Energy Magazine

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## Letter from the Editor

### —Our Mission—

Our mission at Energy Magazine is to provide our community with the very best of what Energy Medicine and Holistic Wellness have to offer. We strive to bring our global readers new, insightful, and impactful information and research, along with thought-provoking and inspiring stories. We are honored to boast more than 150 contributors to bring you this content, from experts in the field to community members, just like you.

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Welcome, Readers!

Writing to you from India, spring has definitely sprung here...in fact, it feels more like summer! It is a beautiful time to visit this part of the world - everything is busting, bright, and colorful; a contrast to the chill winds, low temperatures, and tranquil solitude of the states we left behind a couple weeks ago.

The last few days have been a blur of last-minute wedding preparations, reconnecting with family, and testing my level of tolerance to spicy foods. (Though I am definitely biased, I have to say there is nothing quite as delicious as Indian cuisine!)

Part of the ritual in planning for the celebratory days ahead includes a little self-care with the help of my favorite Ayurvedic Spa. I am accustomed to the basic concepts of Ayurved; purification, diet and herbal supplements, massage, yoga, and meditation are a foundation of following this alternative medicine system. Practiced primarily in India, Nepal, and slowly spreading to other parts of the world, you have likely heard of Ayurvedic medicine, or perhaps practice it yourself! However, the biggest difference I've observed with what little experience I have in India, is how open much of the medical system is to observing alternative practices as a part of a holistic healing regime.

Of course there will always be those who cry "woo-woo" for any and all alternative forms of healing, no matter where you go in the world. Yet, there is a distinct mindset in India where the many individuals are just more...accepting.

I often come to India for health and wellness treatments, in part because they are more affordable, but also due to the full-spectrum approach. The integration is more prominent here than what I am used to in the U.S.

My experiences with the medical system in the states often leaves me frustrated, to say the least. While it has been undeniably helpful, especially in an emergency, there have been equally upsetting moments when dealing with allopathic medicine in the U.S healthcare system. I often seek alternative practitioners to address my health needs, as I have most of my life. Yet, there was a bit of a reputation for those who sought “alternative” help. There was a time not so long ago where I felt too embarrassed to tell my friends that I had a preference for body work, energy healing, or even took herbs for immune boosting during cold-and-flu season. I often wish for more harmony between these two worlds of healing.

Fortunately, that harmony is growing with each passing day. This issue of Energy Magazine acknowledges these very questions and concerns - the future of medicine, the balance of natural and science. **Our March/April 2023 issue, Energy Medicine and Healthcare Integration** is ready to start the conversation and add to the progress of creating harmony for the betterment of our wellness as a whole.

We can learn from other countries, like India - and while India too has a long way to go, having these discussions, spreading awareness, and encouraging growth are the first steps to achieving a beautifully integrated system.

Happy Reading and Cheers from my home-away-from-home,

*Anya*

Anya Charles  
Editor-in-Chief

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