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January 21, 2016

Healthy Soul

Taking responsibility for your own wellbeing

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Placebo effect ruled out in healing

December 27, 2015 by [fivewrite](#) — [Leave a Comment](#)

Trials on plants, cells, seeds, small animals and humans using non-contact healing have proved that healing therapies are not subject to the placebo effect. Sceptics always claim that healing and many complementary therapies only work through the 'placebo effect'. Their



argument is that people who have a treatment just believe that they feel better.

The research has found that Reiki, healing, hypnotherapy, reflexology and even yoga, as well as other therapies are effective and not just placebos. To prove their point the researchers at the University of Northampton used plants, cells, seeds, small animals as well as humans to test non-contact healing in a series of separate trials.

The results uncovered a fascinating phenomenon: When 'healing intent' was given to each of these categories, they produced an independent positive result. The evidence shows that healing intention can improve human wellbeing, and change the behaviour of animals, plants, seeds, and cells in culture, to an extent that was statistically shown to be very unlikely to be due to chance.

Sue Knight, chief executive of the Confederation of Healing Organisations, the charity advancing the practice of Healing, commented: 'This groundbreaking scientific evidence has dispelled the notion that healing's effectiveness is just a 'placebo effect' and is crucial recognition of the fact that healing intent can make a difference to wellbeing.

'We hope this will broaden the public's view about the role of complementary therapies within healthcare. We see the results of this research as the first step to changing people's perceptions about healing, and we will support this process by sharing case studies, stories and crucial education about the world's oldest form of treatment.' The peer review published research was recently presented to MPs in Westminster by the University of Northampton and the Confederation of Healing Organisations.

About the meta-analysis research:

- Scientific evidence for the effects of non-contact healing (published by the peer review title: Explore: The Journal of Science & Healing)
- Conducted by Professor Chris A Roe, Dr Elizabeth Roxburgh and Ms Charmaine Sonnex, University of Northampton

<http://www.the-cho.org.uk/education-and-research/cho-and-research/two-meta-analyses-of-non-contact-healing-studies/>

About the CHO:

The Confederation of Healing Organisations is the leading charity advancing the practice of Healing: promoting its benefits as a recognised complementary therapy by providing education, research and information to a wider audience of Healing and healthcare

practitioners, and society as a whole.

The CHO's website is an information hub of news, case studies and insights about Healing within the UK and internationally.

www.the-cho.org.uk

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The advertisement features a blue background with a grid pattern. At the top, the text "superfooduk.com" is written in a white, cursive font, with a red heart shape around the word "super". Below this, two white plastic bottles are shown. The bottle on the left is labeled "BioCare" and "Glutenzyme 1", with subtext "Cereal Digesting Enzyme Probiotic Complex". The bottle on the right is labeled "LAMBERTS THE PROFESSIONAL RANGE" and "Pure Fish Oil 1100mg", with subtext "Providing 700mg of Omega 3's" and "100 SUPPLEMENTS 100 CAPSULES". A small inset image shows a "LAMBERTS e-stockist" logo with a checkmark and the text "This site is verified as an approved online stockist of Lambert's products". At the bottom of the advertisement, the text "Use discount code HSOUL for a 5% discount" is displayed in a blue, sans-serif font.

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A banner for Amazon.co.uk. On the left is the Amazon logo on a black background with the text "amazon.co.uk" and "Privacy Information" below it. To the right is a book cover titled "YOU ARE THE PLACEBO" by Dr. Joe Dispenza. Further right, the text "You / Dr. Joe Dispenza / New Best" is displayed in blue, black, and red.

Wahanda

A banner for Wahanda. It features the Wahanda logo on the left. The main text reads "BOOK YOUR NEXT BEAUTY APPOINTMENT ONLINE FROM £20" with a "Book now >" link below it. On the right is a stylized illustration of a woman's face wearing blue glasses and having red lips, with a hand holding a brush near her face.

Healthy Soul's picks

Cleansing herbs from Pukka Herbs



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