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Alternative Therapy

BioWellness Modalities Help to Decrease Toxic Stress

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Photo Credit: Yoann Boyer

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Mental health problems stemming from lifestyle concerns like stress, loneliness/isolation, anxiety, trauma, debt, bereavement, medical issues, social media, and more are at an all-time high. In fact, new **Gallup findings** indicate stress, sadness and worry have all inched higher worldwide — pushing Gallup's Negative Experience Index to another new high.

For women, in particular, stressors have increased as their roles have changed in more recent times. According to **Cleveland Clinic**, “Women’s roles often include family obligations, caregiving for children and/or elderly parent (statistically more likely to be a woman) and work responsibilities as well as other roles. As demands increase to fulfill these roles, women can feel overwhelmed with time pressures and unmet obligations.”

Due to all of these factors, there's an escalating movement toward preventative mental health care, including therapies offered in a wellness spa setting.

Indeed, the good news is that there are numerous technologies and methodologies determined to help us alleviate stress. To discuss new biotech-driven ways to stem daily stress, I connected with biowellness pioneer Dr. Katelyn Lehman, [Quantum Clinic](#) co-founder. A model of preventative health care, Dr. Lehman's work puts the emphasis on psychological, emotional, spiritual and physical wellbeing for epigenetic healing through coherence — the degree of correlation between the body's electromagnetic fields.

Dr. Lehman underscores that interventions and modalities, such as floatation REST, frequency therapy, scalar energy, and more, can combat stressors that can negatively impact our physical, mental and emotional well-being. This is how she describes a bit about each.

Frequency therapy: This is a non-invasive treatment that uses frequencies to restore balance to the body's energy systems. These frequencies can be applied to target specific health issues, such as pain, inflammation and anxiety. This therapy works by stimulating the body's natural healing mechanisms, promoting cell regeneration, and reducing oxidative stress. It has been shown to be effective in treating a range of conditions, including chronic pain, autoimmune disorders, and depression.

Scalar energy: While this is a type of energy that is not easily measurable by conventional scientific instruments, its effects on living organisms have been studied for decades. One of the areas in which scalar energy has been found to be particularly relevant is in the communication between cells, specifically within the context of water in intracellular communication.

One of the ways that scalar energy may influence the structure of water is through the use of scalar energy devices. Scalar energy devices are designed to emit scalar energy waves, which are believed to interact with water molecules and influence their molecular structure. These devices may be used to enhance the structure of water in the body, promoting intracellular communication and improving overall health and wellness. While the theory of scalar energy and water in intracellular communication is still a relatively new concept, it has the potential to revolutionize our understanding of the human body and its functions. By exploring the role of scalar energy in facilitating intracellular communication, we may be able to develop new therapies and treatments for a wide range of health conditions, from chronic illness to acute injuries.

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Floatation REST (Restricted Environmental Stimulation Therapy): This is a form of sensory deprivation therapy that involves floating in a tank filled with salt water. The water is heated to body temperature, and the tank is designed to block out external stimuli, such as light and sound. This creates a state of deep relaxation, allowing the body to enter a state of deep rest and repair. Floatation REST has been shown to reduce stress, improve sleep quality, and enhance creativity.

“Combining these modalities for preventative care can create a powerful tool for maintaining optimal health and preventing chronic illnesses,” notes Dr. Lehman. “Doing so can create a comprehensive approach to preventative care that addresses the root causes of chronic illnesses, rather than just treating the symptoms. By providing a non-invasive and natural approach to promoting relaxation and stress reduction, individuals can learn to manage their own health without relying on costly medical interventions. By taking a holistic approach to our health and well-being, we can live happier, healthier, and more fulfilling lives.”

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