

Has the field of chiropractic discarded ‘healing touch’ as part of its armamentarium? Reiki, a literature search, and its implications for the chiropractic profession. [Abstract]

Charles Blum

Indexing terms: Chiropractic; SOT; Reiki; Healing touch.



Objective:

Chiropractic, founded by DD Palmer a magnetic healer, is entering into the evidence-based healthcare arena and concurrently is attempting to integrate into the biomedical field. Chiropractic's academic community has therefore attempted to distance itself from touch and its healing energetic capacity. Ironically Reiki (healing touch) has been flourishing within the biomedical community, however does it have an evidence base?

Methods:

A search of PubMed for ‘Reiki’ in the title of an article was performed and articles were reviewed for this method's application in the biomedical community.

Results:

201 articles were retrieved and of those articles evidence supportive of Reiki (healing touch) were found:

- Oncology (23-studies)

- Hospital Setting (13-studies)

- Pediatrics (11-studies)

- Nursing (15-studies)

HIV (2-studies)
COVID (4-studies)
Pain Relief (23-studies)
Psychotherapeutic Applications (21-studies)
Animals (3-studies)
Female Focused (2-studies)
Cardiovascular (5-studies), and
Placebo Comparative Studies (4-studies).

Conclusion:

It is interesting that while many researchers in the chiropractic field are attempting to eliminate any discussion of 'healing touch' from the chiropractic encounter, Reiki is embracing this concept and gaining biomedical acceptance. Chiropractic is a hands-on method of healing and the Reiki research supports considering investigating the value of healing touch within the chiropractic field.

Charles L Blum

DC, CSP, CSCP

Director of Research

Sacro Occipital Technique Organization - USA

Private practice of Chiropractic

Santa Monica, CA

Cite: Blum CL. Has the field of chiropractic discarded 'healing touch' as part of its armamentarium? Reiki, a literature search, and its implications for the chiropractic profession [Abstract]. Asia-Pac Chiropr J. 2025;6.2. www.apcj.net/SOT-Abstracts-2025/#BlumReiki

About the practitioner



Charles L Blum DC, CSCP is in private practice *Santa Monica, California* and past president of SOTO – USA, now their research chair. He serves as Adjunct research faculty at *Cleveland Chiropractic College* and associate faculty at *Southern California University of Health Sciences* teaching the SOT Elective. Dr. Blum is a Certified SOT Cranial Practitioner, and on the peer review board of the *Journal of Craniomandibular and Sleep Practice* (CRANIO), *Association of Chiropractic College Conference Peer Review Committee*, *Journal of Contemporary Chiropractic*, *Asia Pacific Chiropractic Journal*, and *Journal of Chiropractic Medicine*. He has lectured nationally and internationally, has written various SOT related texts, compiled SOT and cranial related research, and has extensively published in multiple peer reviewed indexed journals and at research conferences from 1984 to the present.



Tap/click to download proceedings