

Soul Lightening® Clinical Acupressure

Letter of recommendation from Dr. John Reed



This is a letter of recommendation for Clinical Acupressure written to Cathy Miller, President of Soul Lightening International, by Dr. John Reed, former medical director for the inpatient Integrative Care Service at the University of Maryland Medical Center.



April 12, 2015

Dear Ms. Miller,

As you know, I am the Medical Director for the inpatient Integrative Care Service at the University of Maryland Medical Center. Our team members have been providing service to patients in the R Adams Cowley Shock Trauma Center and throughout the main hospital in the medical, surgical, obstetric and pediatric services for a number of years. When I was brought on as medical director in 2013, I was very pleased to find that the nursing members of our team had been trained in clinical acupressure by your organization.

This treatment, using combinations of points derived from the classical Chinese medicine point patterns known as the "strange flows" or "Extraordinary Vessels", provides a practical way to achieve whole body relaxation and a balancing of physiologic stress patterns in the autonomic nervous system and by extension in the internal organs. In my prior pain and stress management practice I practiced medical acupuncture and other non-pharmacologic pain management modalities. For 15 years I employed a practitioner trained in a similarly rooted clinical acupressure system codified by Master Jiro Murai of Japan. She provided both stand-alone and adjunctive treatments for a wide range of my patients, especially those who were adverse to the idea of needle acupuncture.

I was particularly pleased to find that your organization not only has a clinically relevant training program that expands on the "Jin Shin" system of Murai, but also has developed the Seva protocol, a teachable entry-level clinical acupressure approach suitable for self care by patients and their families.

In our current inpatient practice at the University of Maryland Medical Center, I regularly request that the nurses on our Integrative Care Team offer clinical acupressure to patients who have severe orthopedic or neurologic trauma, challenging soft tissue injuries, organ transplants, and difficult courses of chemotherapy. The nurturing touch and the physiologic reintegration of this treatment approach helps patients overcome the emotional and physical shock of prolonged hospitalization. Since our staff coverage is resource limited, we regularly teach the Seva protocol for family members and caregivers so that our patients can experience this calming relief on a more regular basis and so that family members can be empowered to offer effective adjunctive care for their loved ones' pain and stress.

In addition to recommending your graduates for providing clinical care in institutional integrative care programs, I would advise that your graduate training be considered as a standard of proficiency for the treating providers involved in any research study of the effectiveness of clinical acupressure for selected conditions.

Sincerely yours,

A handwritten signature in cursive script that reads "John C. Reed".

John C. Reed, MD, MDiv
Director of Inpatient Services
Center for Integrative Medicine



The Integrative Care Team at the University of Maryland Medical Center