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'Medical intuitive' fights alcohol abuse

by Michael Lasalandra

A Massachusetts woman's unique alcohol treatment program is helping thousands of people with serious drinking problems stay away from alcohol for good.

"I can't explain it, but the desire to drink is just gone," said Greg Rose, a 41-year-old Boston man who writes about horseracing.

"After 20 years of drinking, I haven't had a drink since, and I have no desire whatsoever," he said.

Rose is among a large and growing number of one-time problem drinkers who say that Rhonda Lenair, a 45-year-old former ballet dancer, has gotten them to give up booze painlessly, with no detox programs, meetings or counseling.

"I guess I was a pretty heavy drinker," Rose said. "I was drinking about a six-pack a night, but I also drank rum and scotch. I was waking up with a hangover. Sometimes, I needed a beer to get going in the morning."

Rose said drinking ceased to be an issue for him after three sessions with Lenair.

"It's going to be four years in March," he said. "It's just like turning off a light. It's completely painless. It's hard to describe. All I know is that it works."

Lenair, who lives and practices in Newbury, describes herself as a "medical intuitive," a person who can diagnose medical conditions through intuition. The field dates back to Edgar Cayce and now includes a number of famous practitioners, including Carolyn Myss.

For 15 years, Lenair has used her unusual ability to help people treat a variety of addictions, particularly tobacco. Now, she is focusing mostly on helping people kick alcohol.

"Everyone should be intelligent enough to use their expertise for the highest possible good," she said. "In terms of alcohol, there are so many innocent people being affected, family members and people who are dying on the roads. Beyond helping the person in treatment, I'm trying to use my time in a more impactful way."

Beyond diagnosing problems, Lenair says she uses her skill as an energy healer to "re-establish balance within the body's bioelectrical and electromagnetic systems."

Lenair says she learned the technique in England at age 16 when she was auditioning for the London Ballet. She was diagnosed with a "suspicious mass" in her abdomen, but declined surgery. The mass later disappeared, she says.

When a doctor there told her she had a strong electromagnetic field, she began studying under him. When she returned to the United States, she continued studying on her own. Getting someone to kick a drinking addiction usually involves three outpatient sessions. At the session, the patient rests his or her head in her hands as she "reads" their energy and "rebalances" it.

She said she is able to address physical and psychological issues simultaneously. "I detect and correct frequencies," she said. "I merge with the person. I walk in their shoes."

She may also prescribe herbs or certain foods to help the healing process, but says they are not absolutely necessary for success.

Patients are asked not to have a drink within 24 hours of the first session. As a result, she says, "some come in shaking. But they leave calm."

There are skeptics, of course.

James Randi, an internationally known "investigator and demystifier of paranormal and pseudoscientific claims," said Lenair and other medical intuitives are pulling the wool over people's eyes.

"They talk to people who are ill and suggest things and get feedback," he said. "It appears to lead to a solution."

As far as whether Lenair's treatment can cause people to quit drinking, he said: "If people are determined enough, they simply do it. You can't draw a cause and effect."

But believers - including a small but growing number of medical doctors - insist that what she does works, even if they can't explain it.

"Scientists are always a little leery, but she's getting pretty solid results with people who have had serious trouble," said Dr. Michael Johnson, a psychiatrist with Harvard Vanguard Medical Associates.

"We have to start invoking post-Einsteinian physics to come up with an explanation," he said, stressing he does not speak for HVMA in any way. "But there's a mechanism by which the treatment works. I'm still struggling to understand it. But I'm very impressed." Dr. Richard Traister, a primary care doctor in

Newburyport, said he has sent about six patients to Lenair for treatment of alcohol and other substance abuse problems. "The patients I have observed have had a very positive outcome," he said.

Traister said all the patients he sent had tried other approaches and failed. He added, however, that he is selective in whom he refers to Lenair.

"I think there's a subgroup of patients that will do well," he said. "But it's not for everybody."

Lenair, who said she has treated thousands of patients, concedes not everybody responds, but claims most do.

Traister said he wants to see if his patients stay sober for long periods of time before declaring them cured.

"I'm still in the wait-and-see category, but I have a healthful amount of optimism," he said. "She's very sincere in her approach and her integrity is beyond reproach."

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