

## **The Lenair Technique Revisited**

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Dear Reader,

If you, a loved one, a friend, a business associate or someone for whom you may be a physician or caregiver are suffering from chronic addiction, I suggest you learn more about the healing potential of the Lenair Technique.

The September 2003 issue of *totalhealth*. magazine featured an interview with Rhonda Lenair, a pioneer in the field of energy medicine, specializing in resolving the problem of alcoholism and providing the solution to other addictions and related issues. She is also a world renowned medical intuitive and bioelectrical diagnostician whose work has been compared to that of Edgar Cayce.

### The Lenair Technique

Rhonda Lenair established her practice in 1987 and has assisted over 30,000 clients with an exceptionally high rate of success. Ms. Lenair assists clients who are suffering from addictions, emotional problems and a range of physical maladies. Issues addressed: abuse and trauma, alcoholism, anxiety, depression, eating disorders, fears, gambling, marijuana, phobias, physical conditions, relationship issues, sexual and sleep disorders, smoking and stress. She is also consulted by clients who have diagnosed and undiagnosed conditions, who have not received satisfactory results from mainstream or alternative medicine concerning their health or who are unsure why they are not feeling well. The technique does not incorporate any traditional theories, philosophies or mainstream practices of addiction therapy or recovery. There is no psychotherapy, counseling, biofeedback, hypnosis or 12-step concepts or requirements.

The Lenair Technique integrates both electromagnetic and bioelectrical modalities in a unique form to thoroughly resolve the addiction or problem—without any devices or machines. Physical conditions are addressed by identifying and eliminating that which contributes to or exacerbates the condition. Specific recommendations are then made to help achieve a healthier state or to resolve the problem.

Prior to speaking with Ms. Lenair, I visited her Web site, [www.lenair.com](http://www.lenair.com), and reviewed over 30 testimonials to the positive impact of her work, then requested a list of persons who I might contact personally. The three individuals I spoke with all related their experiences with a missionary zeal. One of the women is also in the national health field. She overcame an addiction to alcohol through her experience with Ms. Lenair. Another woman no longer smokes or craves nicotine after decades of addiction. I talked with a gentleman who has been working with Ms. Lenair for three separate problems, alcohol addiction, an eating disorder and most severe claustrophobia. All three have remained free of their problems since working with Ms. Lenair. Each feels a strong connection to Ms. Lenair and has recommended the Lenair Technique to other persons who might benefit from the experience.

Over the past year, since the article appeared, our staff, including myself, has had the opportunity to personally experience Ms. Lenair's exceptional gift as a medical intuitive. The following statement, from a respected physician and regular contributor to *totalhealth* magazine, exemplifies the response to Ms. Lenair's hands on work with addictions expressed to us by a number of medical doctors familiar with her work.

"I would like to bring you up-to-date regarding my professional opinion about Ms. Rhonda Lenair and her ability to assist patients who are seeking to conquer alcohol addiction. "For the last four months I have personally met with Ms. Lenair on four separate occasions. I was able to question first hand some patients right after they met and were treated by Ms. Lenair and then I was able to follow them up closely for weeks after her intervention. Out of this experience I have subsequently witnessed two of my patients who were seen for alcohol addition achieve remarkable success in their battle with this devastating disease. There was a prompt loss of alcoholic cravings and they have remained free from recurrent alcohol ingestion at this time.

"Based upon this positive experience, I proceeded to carefully interview six other patients who similarly developed the prompt cessation of alcoholic cravings and alcohol consumption after being seen and treated by Ms. Lenair. While these patients were positively selected, based on their willingness to allow me to question them, I feel confident that I was able to obtain accurate histories. While the specific patient histories differed, there were some common similarities. The typical patient profile is one of a somewhat skeptical patient with a severe alcoholic problem who finds his or her way to Ms. Lenair for help. After the first of three brief sessions with Ms. Lenair, the person usually has the prompt loss of cravings for alcohol that is then reinforced during the next two visits, scheduled within a range of two to seven days. These patients routinely find it very easy to avoid further ingestion. The cravings, and even more important, the focus of alcohol in their lives seems to vanish or markedly diminish. How this happens is unclear but something does change and it seems to change quickly.

"I have been in medical practice for 25 years and have seen many sad examples of the terrible devastation that accompanies alcoholism for the individual patient and his/her family. To see and hear about such prompt and positive responses to Ms. Lenair's treatment is simply remarkable. I cannot clearly ascertain her success rate but it appears to be over 75 percent, based on my questioning of her staff's informal numbers and my questioning of these six patients who have sent other patients to her for the same therapy. "My personal experience is limited to the two successful patients that I recommended to consider this seemingly unorthodox approach to chronic alcoholism.

"How does this happen? I do not know. An internal correction of a person's particular bodily imbalance are just words that represent my attempt to try to explain what might be occurring. While patients themselves also can't explain it, the results do literally speak for themselves. You can imagine how patients feel about having their lives free of alcohol. The six personal testimonies that I obtained from a spectrum of people in a number of different states are impressive.

“I am writing this letter to you because you initially urged me to consider this option for any refractory patient who wanted to be free of this terrible disease. Based on my brief experience, I will continue to send patients to Ms. Lenair. As a result, I expect to better evaluate firsthand her overall short-term and long-term success rate.”

Another physician contributor to the magazine reported the following, “Rhonda’s work is remarkable. She has a fine-tuned ability to detect imbalances and prescribe the right thing to help. For example, regarding a specific tooth that needed attention (I had not mentioned any dental problems to her), she was right on. She has done similarly successful diagnoses with others that I know.”

Among the responses from *totalhealth* readers was a woman who, after years of fad diets as well as in- and out-patient weight loss clinics, has finally overcome her compulsive eating disorder.

Again, I suggest, even implore, those of you with a serious addiction or involved in the life of an individual who is addicted to substance or habit which controls their life, to learn more about the potential of The Lenair Technique. I suggest you reread the italicized paragraph above and ponder what an impact a 75 plus percent success rate in reversing alcohol addiction would have on our society.